



JERNEJ KITCHEN

FRIED CROISSANT BEIGNETS

Fried Croissant Beignets are a tasty show-stopper. These croissant-shaped donuts are filled with chocolate and will impress you with their flavor and look.

MAKES	16	CROISSANTS
PREPARATION:	30	MINUTES
PROOFING:	3	HOURS
FRYING:	15	MINUTES
TOTAL TIME:	3	HOURS 45 MINUTES

FRIED CROISSANT BEIGNETS

60 ml (1/4 cup) milk

120 ml (1/2 cup) water

21 g (2 tbsp 1 tsp) active dry yeast

50 g (1/4 cup) sugar

550 g (4 1/2 cups) Manitoba flour (or bread flour)

2 eggs (120g or 4.2 oz)

1 egg yolk (20g or 0.7 oz)

1 tbsp rum (optional)

5 g (3/4 tsp) salt

70 g (1/3 cup) unsalted butter

750 ml (3 1/2 cups) vegetable oil, for frying

DUSTING AND FILLING

80 g (1/3 cup) sugar

40 g (1/3 cup) powdered sugar

1 tsp cinnamon powder

350 g (12 oz) Chocolate Spread (Lino Lada)

MAKE THE YEAST MIXTURE

Combine lukewarm milk, water, yeast, and sugar in a bowl. Stir and set aside for 10 minutes.

TIP

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

DOUGH

Add flour, eggs, egg yolk, rum (optional), salt, and the yeast mixture 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. 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 separate from the bowl easily.

FIRST 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, then transfer the dough to the fridge for 30 minutes for easier shaping.

SHAPING AND SECOND PROOFING

Lightly dust a large baking sheet with flour. Roll the dough into a 20 cm x 60 cm (8 x 24 inch) rectangle. Cut into approx. Sixteen triangles, each measuring approx. 8 cm x 25 cm (3 inch x 10 inch). Roll each triangle into a croissant, starting at the thickest part of the dough. Place the croissants onto the

TOOLS AND EQUIPEMENT

stand mixer or an electric mixer
bowl
clingfilm
large baking sheet
large pan with a lid
thermometer
spatula
paper towels
rolling pin

prepared baking sheet. Cover them with a kitchen towel. Lightly sprinkle the towel with water. Leave them to rise at room temperature for about 1 - 1 1/2 hours or until they triple in size.

TIP

The croissants must jiggle when you shake the baking sheet lightly after proofing. Then, they are ready for frying.

FRYING

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. Lightly dust your spatula with flour and carefully pick one beignet. Turn it around in your hands so the seam looks up, and gently drop it into the oil. Add about 3 - 4 more doughnuts, depending on the pan size. The croissant beignets should have space to move, but not too much. Shake the pan slightly to distribute the croissant beignets. Cover with a lid and fry for 3 minutes, then remove the lid, turn the beignets, and fry for another 3 minutes (uncovered). Transfer the beignets onto a paper towel-lined wire rack. Repeat the process until you fry all the beignets.

SPRINKLE AND SERVE

Make the dusting. On a deep plate, stir to combine both sugars and cinnamon powder. Coat the fried croissant beignets in the mixture. Feel free to serve them without a filling, but we adore filling them with chocolate spread. To fill them, use a small kitchen knife or scissors and make a small incision in the bottom of each croissant, then fill them using a pastry bag.