

Beignets

Makes 18-24

Hands-on Time 30 minutes (plus proving)

Frying Time 3 minutes

Ingredients

- 160ml water
- 150g evaporated milk
- 2 tsp vanilla extract
- 2 large eggs
- 425g bread flour (plus extra for dusting)
- 120g caster sugar
- 2 1/2 tsp fast-action yeast
- 1/2 tsp fine salt
- 35g unsalted butter (softened)
- Up to 1500ml oil for frying (e.g., vegetable oil, plus extra for greasing)
- 50g icing sugar

Equipment

- Jug
- Spatula
- Freestanding mixer with dough hook
- Bowl
- Deep fat fryer or large deep-sided pot
- Jam thermometer (if using a pot)
- Rolling pin
- Pizza cutter
- Baking tray
- Kitchen paper
- Wide-edged spatula (optional)
- Tongs or slotted spoon
- Fine sieve

Method

1. Prepare the dough

- In a jug, whisk together the water, evaporated milk, vanilla extract, and eggs until combined.
- In the bowl of a freestanding mixer, combine the flour, caster sugar, yeast, and salt.
- With the mixer running, gradually add the milk mixture. Scrape down the sides of the bowl as needed to ensure everything is incorporated.
- Add the softened butter and mix on medium speed for 5 minutes. The dough will be soft and runny.

2. Chill the dough

- Lightly grease a bowl with oil and transfer the dough into it.
- Cover and refrigerate for at least 1 hour, or preferably overnight.

3. Fry the beignets

- Preheat the oil in a deep fat fryer or large pot to 170°C/325°F. Use a jam thermometer to monitor the temperature if using a pot.
- Line a baking tray with kitchen paper and place it near the fryer.
- Heavily flour a work surface and turn the dough out onto it. Flour the top of the dough and gently roll it out to about 2cm thick.
- Use a pizza cutter to slice the dough into 24 even squares.

- Fry the dough squares in batches, being careful not to overcrowd the fryer. Fry for 1 1/2 to 2 minutes on each side, or until puffed and deep golden brown.
- Transfer the fried beignets to the lined baking tray to drain and cool slightly.

4. Serve

- Dust the warm beignets heavily with icing sugar using a fine sieve.
- Serve immediately and enjoy!

Enjoy!