Be Inspired BY Roberta!
FOOD ~ WINE ~ TRAVEL

# Beignets

Beignets are close cousins to French boules de Berlin and were brought to New Orleans by the Acadians, French settlers exiled from Canada who relocated to Louisiana in the late 1700s. They're traditionally served for breakfast with bitter chicory coffee but are delicious at any time.
**Makes about 80 pieces**

## INGREDIENTS

- ¾ cup warm water
- 3.5g dried yeast (¾ teaspoon)
- ¼ cup castor sugar
- ½ cup milk
- 1 egg, lightly beaten
- 40g butter, melted
- Pinch salt flakes, crushed
- 3½ cups plain flour, plus extra for dusting
- Vegetable oil, for deep-frying
- Icing sugar, for dusting

## METHOD

1. Combine water, yeast and ½ teaspoon of the sugar in the bowl of an electric mixer fitted with a dough hook, cover and set aside in a warm place for about 10 minutes, until it starts to froth.
2. Add milk, egg, butter, salt and remaining sugar and mix to combine.
3. Add flour and mix for 2–3 minutes, until the dough starts to come away from the sides of the bowl.
4. Cover and set aside in a warm place for an hour or 2, until doubled in size.
5. Divide dough in half. Wrap one half in plastic and set aside.
6. On a flour-dusted work surface, roll the other half into a 1cm thick square or rectangle.
7. Cut it into 3cm squares, transfer them to a flour dusted plate and refrigerate.
8. Repeat with remaining dough (or refrigerate or freeze it to use later).
9. Heat oil for deep-frying; remove squares from fridge about 5 minutes before you're ready to cook.
10. Fry squares a few at a time, turning almost constantly, for about 1½–2 minutes, until crisp and dark golden.
11. Drain on a rack over a paper towel-lined plate.
12. Sieve some icing sugar into a large bowl, add beignets, sieve more icing sugar on top and toss to coat well.
13. Transfer to a serving plate and top with more icing sugar (they need a very generous dusting).
14. Serve warm.

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