

Beignets – PopSugar and Bobby Flay

Recipe by UNIT

Ingredients

- 1 1/4-ounce (11 mL) envelope active dry yeast
- 3/4 cup warm water, about 110°F (hot water from tap)
- 1/4 cup granulated sugar
- 3/4 teaspoon salt
- 1 teaspoon finely grated lemon zest
- 1/2 teaspoon freshly grated nutmeg
- 1 large egg
- 1/2 cup whole milk
- 3 1/2 cups all-purpose flour, divided
- 2 tablespoons unsalted butter, softened

Day 2

- 2 quarts canola oil, plus more to oil bowl
- Confectioners' sugar, for dusting

Directions –Day 1

- Mix the yeast, water, and sugar in a mixer bowl fitted with a dough hook. Let stand until foamy, about 5 minutes. Add the salt, lemon zest, nutmeg, egg, milk, and 1 1/2 cups flour; mix on medium speed until combined. Add the butter; mix until incorporated. Add 1 3/4 cups flour, and mix until the dough comes together. Turn the dough onto a lightly floured surface. Knead in the remaining 1/4 cup flour by hand until the dough is smooth, about 5 minutes.
- Place the dough in a lightly oiled bowl, cover loosely with plastic wrap, and let stand in a warm, draft-free spot until doubled in size, about one hour. Remove the dough from the bowl and punch down.

Day 2

- Roll out the dough on a lightly floured surface to 1/2-inch thickness. Cut out circles with a 1-inch round cutter; place on a floured baking sheet. Let rise in a warm, draft-free spot for 30 minutes.
- Heat the oil in a medium pot or deep fryer until it registers 350°F on a deep-fry thermometer. Fry the beignets in batches, rolling them around constantly with a slotted spoon, until golden brown all over, 1 to 2 minutes. Transfer the beignets with the slotted spoon to a platter lined with paper towels, and dust with confectioners' sugar.