

# Benye (Beignets)

Traditional French beignets recipe - crispy, golden fried pastries dusted with powdered sugar. Perfect for breakfast or dessert with coffee.

1h 15min

HAZIRLIK

20 min

PIRME

1h 35min

TOPLAM

8

PORSIYON

Easy

ZORLUK

Benye (Beignets)

## Malzemeler

- 3 cup water
- 2 tsp yeast
- 1 cup granulated sugar
- 1 egg
- 1 cup milk
- 3 cup flour
- 2 tbsp unsalted butter
- 6 cup sunflower oil
- 1 tsp salt
- 1 cup powdered sugar

## Yapılışı

- 1 Activate the yeast**

Combine 1 cup warm water (about 110°F/43°C), 2 teaspoons active dry yeast, and 2 tablespoons sugar in a small bowl. Whisk until dissolved and let stand for 5-10 minutes until the mixture becomes foamy and bubbly.
- 2** Whisk 1 egg and 1 cup milk into the foamy yeast mixture until well combined.
- 3 Make the dough**

Combine 3 cups all-purpose flour and 1 teaspoon salt in the bowl of a stand mixer fitted with a dough hook. Add the yeast mixture and mix on low speed until a shaggy dough forms, about 1 minute.
- 4** Add 2 tablespoons softened butter to the dough and continue mixing on medium speed for 5-7 minutes until the dough is smooth, elastic, and pulls away from the sides of the bowl.
- 5 First rise**

Transfer the dough to a greased bowl and cover tightly with plastic wrap. Let rise in a warm place for 1-2 hours until doubled in size.
- 6 Shape the beignets**

Punch down the risen dough and turn out onto a lightly floured surface. Roll into a rectangle about 3/4 inch thick, then cut into 2-3 inch squares using a sharp knife or pizza cutter.

### 7 Heat the oil

Pour 6 cups vegetable oil into a heavy-bottomed pot or deep fryer to reach 3 inches deep. Heat to 350°F (175°C), monitoring with a deep-fry thermometer.

### 8 Fry the beignets

Carefully add 4-5 dough squares to the hot oil without overcrowding. Fry for 2-3 minutes per side, turning once, until golden brown and puffed all over.

### 9 Finish and serve

Remove beignets with a slotted spoon and drain on paper towels for 1 minute. Dust generously with 1 cup powdered sugar while still warm and serve immediately.

## ?puçlar?

Always check your yeast's expiration date and store it in a cool, dry place. If yeast doesn't foam when activated with warm water and sugar, it's likely expired and won't make your dough rise properly.

Use only lukewarm water (around 105-110°F) to activate yeast - water that's too hot will kill the yeast, while water that's too cool won't activate it properly.

Ensure your butter is at room temperature before mixing for easier incorporation into the dough. Cold butter will create lumps and uneven texture.

Maintain oil temperature at 350°F (175°C) using a thermometer for best results. Oil that's too cool will make greasy beignets, while oil that's too hot will burn the outside before cooking the inside.

Don't overcrowd the pot when frying - cook beignets in batches of 5-6 pieces to maintain proper oil temperature and ensure even cooking.

Turn beignets only once during frying to ensure even browning on both sides and prevent oil absorption.

For a warm rising environment, place the dough in an oven preheated to 200°F for 1 minute, then turned off with the light on.

Dust with powdered sugar just before serving to prevent it from absorbing into the pastry and becoming soggy.