

Beignet with Crawfish Monica

Beignet

Ingredients:

1 ½ cups lukewarm water

½ cup granulated sugar

¼ ounce active dry yeast

2 eggs, slightly beaten

1 ¼ teaspoons salt

1 cup evaporated milk

7 cups bread flour

¼ cup shortening

Oil, for deep-frying

(Optional for sweet beignets – 3 cups of confectioners' sugar)

Directions:

Mix water, sugar and yeast in a large bowl and let sit for 10 minutes.

In another bowl, beat the eggs, salt and evaporated milk together. Mix egg mixture to the yeast mixture. In a separate bowl, measure out the bread flour. Add 3 cups of the flour to the yeast mixture and stir to combine. Add the shortening and continue to stir while adding the remaining flour. Remove dough from the bowl, place onto a lightly floured surface and knead until smooth. Spray a large bowl with nonstick spray. Put dough into the bowl and cover with plastic wrap or a towel. Let rise in a warm place for at least two hours.

Preheat oil in a deep-fryer to 350 degrees F.

Roll the dough out to about ¼ inch thickness and cut into 1 inch squares. Deep-fry, flipping constantly until they become golden in color. After the beignets are fried, drain them for a few seconds on paper towels.

Note: These can be used for either savory or sweet beignets. If sweet, simply shake them in a bag of confectioners' sugar. If savory, split and use the Crawfish Monica to pour over the top. (See photo.)