

BEIGNETS (NEW ORLEANS DOUGHNUTS)

Yield 100

Portion 2 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
289 cal	38 g	5 g	13 g	13 mg	219 mg	17 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 SUGAR,GRANULATED
 SALT
 SHORTENING
 EGGS,WHOLE,FROZEN
 WATER,COLD
 EXTRACT,VANILLA
 FLOUR,WHEAT,BREAD
 FLOUR,WHEAT,GENERAL PURPOSE
 MILK,NONFAT,DRY
 SUGAR,POWDERED,SIFTED

Weight

5-1/8 oz
 2 lbs
 1-1/4 lbs
 1-7/8 oz
 10-7/8 oz
 10-3/4 oz
 1-1/2 lbs
 1-7/8 oz
 4-7/8 lbs
 2-3/4 lbs
 2-3/8 oz
 1-1/3 lbs

Measure

3/4 cup
 3-3/4 cup
 2-3/4 cup
 3 tbsp
 1-1/2 cup
 1-1/4 cup
 2-3/4 cup
 1/4 cup 1/3 tbsp
 1 gal
 2 qts 2 cup
 1 cup
 1 qts 1 cup

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand for 5 minutes; stir. Set aside for use in Step 3.
- 2 Cream sugar, salt, and shortening in mixer bowl at medium speed.
- 3 Add eggs, yeast solution, water, and vanilla; mix at low speed until blended.
- 4 Sift together flours and milk; add to mixture. Using dough hook, mix at low speed 1 minute or until all flour mixture is incorporated into liquid. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be 78 F. to 82 F.
- 5 FERMENT: Cover and set in warm place, about 80 F., 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide into even pieces; shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 MAKE-UP: Roll each piece onto a rectangular sheet, about 18 inches wide, 29 inches long, and 1/8-inch thick. Cut 6 by 9.
- 8 FRY: Until golden brown on underside. Turn and fry on other side. Drain on absorbent paper.
- 9 Sprinkle with sifted powdered sugar.