

Bánh Tiêu (Beignet)

Ingredients:

3 cups regular flour
3 teaspoons baking soda
4 tablespoons of granular sugar
1 tablespoon of yeast
1/4 teaspoon of salt
1 ½ cups of warm water
Sesame seed
Powder sugar
Honey



To activate yeast mix it with ½ cup of warm water and ½ tea spoon of sugar, let set for 10-15 minutes, will bubble.

Mix flour, baking soda, sugar, and salt together, and then add yeast and the rest of warm water in a big bowl.

Mix and fold in and press down thoroughly until the dough look evenly (you can add a little bit of flour while mixing) so it won't stick to the bowl.

Cover the dough with a wet towel, let it rest for 30 minutes to 1 hour, it will rise almost double.

Scoop out the dough with a table spoon, make a ball about the size of a quarter, then flat it out about 1/16 of an inch with a roller, roll over with sesame seed. (apply a little bit of flour on the roller to prevent the dough from sticking to it.)

Deep fry, use regular cooking oil, and make sure the oil is hot. (put your wooden chopstick in the oil if it bubble around the chopstick it OK.) Try to control the temperature of the oil not to burn the Beignet.

Powder the Beignet with powdered sugar after you fried it or eat it with honey.

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