



The Disney Dish

TIANA'S BEIGNETS

Ingredients

- 1 ¼ tsp active dry yeast
- ¼ cup sugar
- ¾ cup warm water
- ½ cup evaporated milk
- 1 egg, beaten
- 3 cups all-purpose flour
- ½ tsp salt
- 2 tbsp shortening
- Honey
- Powdered Sugar



Directions:

1. In a large bowl, combine warm water (about 110-115°F), yeast, and sugar. Allow to bloom and become foamy for about 10-12 minutes.
2. Whisk in evaporated milk and egg.
3. Then whisk in one-third of the flour and salt.
4. Switch to a spoon and mix in the shortening and the rest of the flour just until crumbly.
5. Dump out the mixture onto a board. Knead with your hands just until mostly smooth. Be careful not to over-knead. *→ Be sure to flour your board!*
6. Place dough in a lightly oiled bowl, cover with plastic wrap, allow to rise until doubled in size.
7. In a cast iron skillet or deep fryer, heat a neutral cooking oil to 380°F.
8. Meanwhile, transfer dough to a well-floured surface and roll out until ¼ inch thick.
9. Square off the edges with knife or pastry cutter and cut dough into squares.
10. Fry a few squares at a time, while basting to tops with the hot oil. Flip to the other side and repeat. Continue flipping over several times until golden brown. *~2 mins each side*
11. Drain on a rack, brown paper bag, or paper towel, and continue frying the rest.
12. Drizzle with honey and cover with powdered sugar and serve immediately.