

Lebanese Sugared Donuts

a recipe from www.maureenabood.com

These donuts are best eaten immediately after they are fried.

1 tablespoon active dry yeast
1 teaspoon sugar
½ cup warm water
3 cups flour
1 teaspoon salt
1/3 cup canola oil, plus canola oil for frying
¾ cup warm water
Sugar for coating the donuts

Proof the yeast by dissolving it in ½ cup water with the sugar and letting it activate for about 15 minutes.

Whisk together the flour and salt. Create a well in the center and add the oil and proofed yeast mixture. Slowly work the wet ingredients into the dry, adding the ¾ cup of water slowly. Hold back ¼ cup and add only as necessary. Knead the dough gently for just a couple of minutes.

Coat the dough with about 1 tablespoon of oil, cover with plastic wrap and a kitchen towel, and let rise in a warm spot until doubled, about 2 hours.

Divide the dough into 8-10 balls. Let rise, covered with plastic wrap and a kitchen towel, on a lightly floured work surface for 20 minutes.

Fill a medium sauté pan with enough canola oil to reach 1/3 of the way up. Heat over medium high heat until a tiny ball of dough placed in the oil bubbles up immediately.

Be careful not to over heat the oil, or the donuts will brown too quickly and will not cook through the inside.

Stretch three balls of dough at a time into rustic, flat, oblong shapes and poke a hole in the middle. Keep the rest of the dough balls covered to prevent them from drying out and forming a skin.

Fry three donuts at a time, turning over with tongs when deep golden brown. Transfer to a plate lined with paper towel, and sprinkle immediately with sugar and enjoy.