

Beignets

Learn to make authentic French beignets with this easy recipe. Light, airy fried pastries dusted with powdered sugar - perfect for breakfast or dessert.

75	20	95	8	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Beignets

Ingredients

- 3 cup water
- 2 tsp yeast
- 1 cup granulated sugar
- 1 egg
- 1 cup milk
- 3 cup flour
- 2 tbsp unsalted butter
- 6 cup sunflower oil
- 1 tsp salt
- 1 cup powdered sugar

Instructions

- 1 Activate the yeast**

Combine 1 cup lukewarm water (40-43°C/105-110°F), 2 teaspoons active dry yeast, and 2 tablespoons sugar in a small bowl. Whisk until dissolved and let stand for 5-10 minutes until the mixture becomes foamy and doubles in size.
- 2** Whisk 1 egg and 1 cup milk into the foamy yeast mixture until completely combined.
- 3 Make the dough**

Combine 3 cups all-purpose flour and 1 teaspoon salt in the bowl of a stand mixer fitted with the dough hook. Add the yeast mixture and mix on low speed for 30 seconds.
- 4** Add 2 tablespoons softened butter and continue mixing on low speed for 2-3 minutes until the dough forms and pulls away from the sides of the bowl. The dough should be slightly sticky and smooth.
- 5** Transfer the dough to an oiled bowl and cover tightly with plastic wrap. Let rise in a warm place for 1-2 hours until doubled in size.
- 6 Shape the beignets**

Turn the risen dough out onto a well-floured surface and roll into a rectangle about 2 cm (3/4 inch) thick. Cut into 7.5 cm (3 inch) squares using a sharp knife or pizza cutter.

- 7 Heat the oil**
Heat 6 cups vegetable oil in a heavy-bottomed Dutch oven or deep fryer to 177°C (350°F). Use a thermometer to maintain this temperature throughout frying.
- 8 Fry the beignets**
Carefully add 5-6 dough squares to the hot oil, being careful not to overcrowd. Fry for 2-3 minutes per side until golden brown and puffed, turning once with a slotted spoon.
- 9** Remove the beignets with a slotted spoon and drain on paper towels for 1 minute. Repeat with remaining dough squares.
- 10** Dust the warm beignets generously with 1 cup powdered sugar using a fine-mesh sieve. Serve immediately while hot.

Tips

Test your yeast before starting by dissolving it in lukewarm water (100-105°F) with a pinch of sugar. Active yeast will foam and bubble within 5-10 minutes.

Keep your oil temperature consistent at 350°F using a candy thermometer. Fluctuating temperatures result in unevenly cooked beignets.

Don't overwork the dough when rolling - this develops too much gluten and creates tough beignets. Roll gently to maintain the tender texture.

Cut beignets with a sharp knife or pizza cutter in one swift motion. Dragging or sawing motions seal the edges and prevent proper puffing during frying.

Fry beignets in small batches to avoid overcrowding, which drops oil temperature and leads to greasy pastries.

Use room temperature ingredients for the dough to ensure even mixing and proper fermentation.

Dust with powdered sugar while beignets are still warm so the sugar adheres properly and doesn't blow away.

Place risen dough in a turned-off oven with the light on to create an ideal warm environment for rising if your kitchen is cool.