

Sfenj

By Vera Abitbol

Sfenj are delicious traditional Moroccan beignets which are airy and soft on the inside and crisp on the outside.

Ingredients

- 4 cups flour
- 1½ teaspoon salt
- 1 tablespoon sugar
- 3 teaspoons instant yeast
- 1¼ cup warm water
- ½ cup water (to dissolve the yeast)
- Vegetable oil (for frying)

Instructions

1. Dissolve the yeast and sugar in ½ cup (120ml) of water.
2. In the bowl of the stand mixer, combine all the ingredients except salt.
3. At low speed, gradually add water until reaching the consistency of a sticky dough.
4. Stir in salt and mix at higher speed.
5. Knead for 10 minutes. The dough should be very sticky.
6. Let the dough rest, covered and at room temperature for at least 3 hours.
7. Have a large bowl of cold water handy to shape donuts. The hands should be wet to form each donut.
8. Take balls of dough the size of an egg.
9. Make a hole in the center and deep fry in hot oil.
10. Turn over so that both sides are golden, about 2 to 3 minutes per side.
11. Serve with sugar or hot honey.