



BEIGNETS

(A small French doughnut/fritter)

What you need:

250g of our everyday flour mix
Good pinch of salt
3 level tsp gf baking powder
2 tsp caster sugar
1 egg size 7 @ room temperature and beaten well
1 cup milk (note 1)
1 tsp vanilla essence
Oil for frying (light olive oil or similar)

To Make:

Mix all the dry ingredients into a bowl and stir well to mix. In a jug/bowl beat the egg, milk and vanilla together. Add the liquid to the dry ingredients and mix to just combined. Leave to stand for 2-3 minutes. Drop small tablespoonfuls of batter into hot oil. Fry until golden (about 1-2 minutes), turning once. Drain on kitchen towel. Dredge with icing sugar.

Notes:

1. For dairy free use non dairy milk of choice.

Tip: A lovely Sunday morning breakfast treat with coffee. For a zing of citrus omit the vanilla and add a dessertspoon on orange or lemon zest.