



Nana39s Fastnachts

Jacob · 28/09/2024



Prep Time

3 hrs 15 mins

Difficult

Medium

Servings

4 hrs

Description

Fastnachts are similar to doughnuts and beignets but much tastier They are usually made on Fat Tuesday Mardi Gras

Ingredients

- - ¼ cup warm water (110 degrees F/45 degrees C) - 2 ¼ teaspoons active dry yeast - 2 cups milk - 3 cups all-purpose flour - 1 teaspoon white sugar - 3 eggs
- beaten - 1 cup white sugar - ¼ cup melted margarine or butter - 1 ½ teaspoons salt - 4 cups all-purpose flour - 2 quarts vegetable oil for frying - confectioners' sugar for dusting (Optional)

Instructions

1. Combine warm water and yeast in a small bowl; let stand for about 10 minutes. Meanwhile
2. warm milk in a small saucepan until it bubbles; remove from the heat and let cool until lukewarm. Combine 3 cups of flour and 1 teaspoon of sugar in a large bowl; stir in lukewarm milk until smooth. Add yeast mixture and mix well; cover and let rise until doubled in size
3. about 1 hour. Stir in beaten eggs
4. 1 cup of sugar
5. melted butter
6. and salt; mix in enough of the remaining flour to make a stiff dough. Cover and let rise for a second time until doubled
7. about 1 hour. Punch down dough and divide into 2 equal portions. Roll out dough on a lightly floured surface to 1/2 inch thickness. Cut dough with a biscuit cutter. Make 2 slits with a sharp knife in the middle of each doughnut. Cover and let rise a third time until doubled in size
8. about 1 hour. Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C). Fry doughnuts in hot oil in batches until golden brown
9. about 3 to 4 minutes per side. Drain on paper towels or brown paper bags. Toss in confectioners sugar while still warm. Editor's Note: We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount may vary depending on cook time and temperature
10. ingredient density
11. and the specific type of oil used.