

Loukoumades

Oscar · 28/09/2024



Prep Time

1 hr 5 mins

Dificult

Medium

Servings

1 hr 30 mins

Description

Loukoumades are fried Greek honey puffs Theyre popular all around the Mediterranean especially in Greece and are beloved as a Hanukkah treat among Sephardic Jews

Ingredients

- - 2 (.25 ounce) packages active dry yeast - 1 cup warm water
- no more than 100 degrees F (40 degrees C) - ½ cup warm milk - ¼ cup white sugar - 1 teaspoon salt - 4 cups all-purpose flour - 3 large eggs - ? cup butter
- softened - ½ cup honey - ½ cup water - 4 cups vegetable oil
- or as needed - 2 teaspoons ground cinnamon

Instructions

1. Sprinkle yeast over 1 cup warm water in a small bowl. Let stand until yeast softens and begins to form a creamy foam
2. about 5 minutes. Mix together warm milk
3. sugar
4. and salt in a large bowl until sugar and salt are dissolved. Pour in yeast mixture and stir to combine. Beat in flour
5. eggs
6. and butter until mixture forms a smooth
7. soft dough. Cover the bowl and let rise at room temperature until doubled in volume
8. about 30 minutes. Stir dough well
9. cover
10. and let rise again for 30 more minutes. Meanwhile
11. mix together honey and 1/2 cup water in a small saucepan; bring to a boil over medium-high heat. Turn off the heat and allow honey syrup to cool. Heat 2 inches oil in a deep fryer or large saucepan to 350 degrees F (175 degrees C). Place a large serving or soup spoon in a glass of water near dough. Scoop up about 2 tablespoons dough per puff with the wet spoon
12. drop it into the wet palm of your hand
13. and roll it back into the spoon to create a round shape. Do not overhandle the puffy
14. soft dough. Drop dough balls into hot oil in batches
15. wetting the spoon each time you make a dough ball. Fry in hot oil until golden brown on the bottom
16. then roll them over to cook the other side
17. 2 to 3 minutes per batch. Gently set loukoumades aside to drain on a paper towel-lined plate. Place loukoumades on a baking sheet. Drizzle with honey syrup and sprinkle with cinnamon. Serve warm.