



Thera39s Canadian Fried Dough

Oscar · 28/09/2024



Prep Time

1 hr 5 mins

Difficult

Medium

Servings

1 hr 55 mins

Description

This beaver tails dessert is popular in Canada especially in Ottawa Ontario Also known as pigs ears this whole wheat pastry is fried and covered in an assortment of goodies I have perfected the recipe so my friends and I no longer go out to get them I just make them at home Enjoy eh

Ingredients

- - ½ cup warm water (110 degrees F/45 degrees C) - 5 teaspoons active dry yeast - 1 pinch white sugar - 1 cup warm milk (110 degrees F/45 degrees C) - 3 large eggs
- beaten - ? cup vegetable oil - ? cup white sugar - 1 ½ teaspoons salt - 1 teaspoon vanilla extract - 5 cups whole wheat flour - 1 quart vegetable oil for frying - 2 cups white sugar - ½ teaspoon ground cinnamon
- or to taste

Instructions

1. Mix together warm water
2. yeast
3. and 1 pinch white sugar in a large bowl; let sit until creamy
4. about 5 minutes. Meanwhile
5. grease a separate large bowl and set it aside. Stir warm milk
6. eggs
7. 1/3 cup vegetable oil
8. 1/3 cup white sugar
9. salt
10. and vanilla into yeast mixture until sugar is dissolved. Stir in 2 1/2 cups flour until no dry spots remain. Turn dough out onto a floured surface and knead in remaining flour
11. 1/2 cup at a time
12. until dough is no longer sticky. Knead until smooth and elastic
13. about 10 minutes. Form dough into a ball and place it into the prepared bowl. Cover with a towel and let rise in a warm place until doubled in volume
14. about 1 hour. Punch down dough and knead a few times to reshape it. Pinch off a piece of dough about the size of an egg
15. then roll into an oval shape
16. about 1/4-inch thick. Place on a dish towel
17. cover with another dish towel
18. and repeat with remaining dough. Heat 4 inches oil in a deep fryer or large saucepan to 375 degrees F (190 degrees C). Make cinnamon sugar: Combine white sugar and cinnamon in a shallow dish or pie plate; set aside. Lower dough carefully into hot oil in batches and fry until golden brown
19. 1 to 2 minutes per side. Drain on a paper towel-lined plate. Gently press fried dough into cinnamon sugar while still warm; shake off excess sugar. Flavor Variations: Add lemon zest to the dough in step 3
20. spread garlic butter and shredded sharp cheese on top of dough after frying
21. or if you can find it
22. cover fried dough with maple spread and drizzle with chocolate. Recipe Tip You can cover the bowl of dough with a hot tea towel to speed up the rising process. Editor's Note: The nutrition data for this recipe includes the full amount of the sugar topping. The actual amount of the topping consumed will vary.