



Brandied Apricot Beignets with Chocolate Dipping Sauce

READY IN



45 min.

SERVINGS



40

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup flour
- 3 tablespoons brandy
- 0.5 cup apricot dried chopped
- 4 large eggs
- 0.8 cup heavy whipping cream
- 1 tablespoon honey
- 40 servings powdered sugar
- 0.5 teaspoon salt

- 10 ounces bittersweet chocolate chopped
- 3 tablespoons sugar
- 6 tablespoons butter unsalted cut into 1/2-inch cubes ()
- 40 servings vegetable oil for frying
- 3 tablespoons water
- 0.5 cup milk whole

Equipment

- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- whisk
- hand mixer
- kitchen thermometer
- slotted spoon

Directions

- Bring first 3 ingredients just to boil in medium saucepan.
- Remove from heat; add chocolate.
- Let stand 30 seconds.
- Whisk until smooth. do ahead Can be made 4 days ahead. Cover; chill.
- Bring apricots, 3 tablespoons water, 3 tablespoons sugar, and brandy to boil in medium saucepan, stirring until sugar dissolves. Reduce heat to low, cover, and simmer 2 minutes.
- Remove from heat. Steep, covered, 30 minutes.
- Drain; reserve apricots and syrup.
- Bring 1/2 cup water, milk, butter, and salt to boil in large saucepan over high heat, stirring until butter melts.

- Remove from heat.
- Add flour; stir briskly until dough gathers into ball.
- Place pan over medium heat; stir constantly until film forms on pan bottom, about 2 minutes. Cool 5 minutes. Using electric mixer, beat in eggs 1 at a time. Beat in apricots. DO AHEAD: Can be made 4 hours ahead. Cover; let stand at room temperature.
- Preheat oven to 200°F. Line large rimmed baking sheet with paper towels.
- Pour oil into large deep saucepan to depth of 1 1/2 inches. Attach deep-fry thermometer to side of pan; heat oil to 330°F to 340°F. Working in batches of 5 or 6, drop dough by rounded teaspoonfuls into hot oil. Cook beignets until golden brown, adjusting heat to maintain temperature and turning after 2 or 3 minutes, about 5 minutes Total. Using slotted spoon, transfer beignets to sheet.
- Place in oven to keep warm.
- Rewarm chocolate sauce over low heat.
- Mix in reserved apricot syrup.
- Sift powdered sugar over beignets. Divide among plates.
- Serve with warm chocolate sauce.

Nutrition Facts

PROTEIN 4.25% **FAT 53.56%** **CARBS 42.19%**

Properties

Glycemic Index:7.09, Glycemic Load:2.93, Inflammation Score:-2, Nutrition Score:2.8195651975339%

Nutrients (% of daily need)

Calories: 159.07kcal (7.95%), Fat: 9.44g (14.53%), Saturated Fat: 4.31g (26.95%), Carbohydrates: 16.74g (5.58%), Net Carbohydrates: 15.97g (5.81%), Sugar: 12.93g (14.36%), Cholesterol: 28.95mg (9.65%), Sodium: 39.95mg (1.74%), Alcohol: 0.38g (100%), Alcohol %: 0.91% (100%), Caffeine: 6.1mg (2.03%), Protein: 1.69g (3.38%), Manganese: 0.12mg (6.09%), Vitamin K: 6.03µg (5.75%), Copper: 0.1mg (5.21%), Selenium: 3.5µg (4.99%), Vitamin A: 212.13IU (4.24%), Iron: 0.74mg (4.1%), Phosphorus: 39.09mg (3.91%), Magnesium: 15.02mg (3.76%), Vitamin B2: 0.06mg (3.42%), Vitamin E: 0.49mg (3.25%), Fiber: 0.77g (3.08%), Potassium: 79.08mg (2.26%), Folate: 8.48µg (2.12%), Vitamin B1: 0.03mg (2.12%), Zinc: 0.31mg (2.06%), Calcium: 15.93mg (1.59%), Vitamin D: 0.24µg (1.58%), Vitamin B3: 0.3mg (1.49%), Vitamin B5: 0.15mg (1.45%), Vitamin B12: 0.08µg (1.41%)