



French Crullers with Bourbon Sugar Glaze

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



195 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 140 g all purpose flour
- ☐ 1 teaspoon bourbon (Maker's Mark preferred)
- ☐ 1 large egg white room temperature
- ☐ 3 large egg yolks room temperature
- ☐ 110 g powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 21 g sugar
- ☐ 113 g butter unsalted cut into pieces

- ☐ 12 servings vegetable oil for frying
- ☐ 115 g water
- ☐ 2 tablespoons milk whole

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ baking paper
- ☐ whisk
- ☐ wire rack
- ☐ pot
- ☐ wooden spoon
- ☐ stand mixer
- ☐ slotted spoon
- ☐ tongs

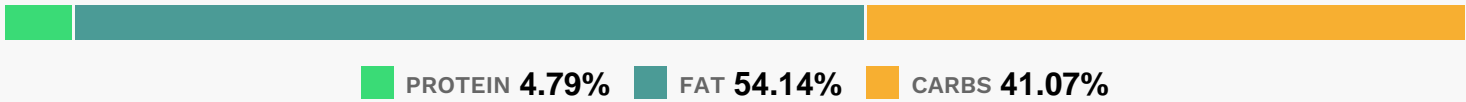
Directions

- ☐ Combine milk, water, butter, sugar and salt in a heavy bottomed medium saucepan and heat on medium high. Once the mixture is at a rolling boil, add all of the flour at once, reduce the heat to medium and start to stir the mixture vigorously with a wooden spoon. The dough should come together into a ball. Continue stirring for another 3–4 minutes until it is completely smooth and soft.
- ☐ Transfer the dough into a bowl of a stand mixer fitted with the paddle attachment and beat to cool it down slightly.
- ☐ Add in the eggs and egg white one at a time, beating after each egg has been added to incorporate it into the dough. The dough should be very thick and shiny but not liquidy.
- ☐ Cut a sheet of parchment paper into 4 in x 4 in squares. Fill a piping bag fitted with a ½ inch star tip half full with the batter. Pipe rings of batter onto each square.
- ☐ Heat at least 2 inches of oil in a heavy bottomed pot to 350 F. Carefully place a few doughnuts in a time, parchment side up. After about 30 seconds, use tongs to pull the

parchment paper off. Fry until cooked through and crispy, about 1 – 2 minutes, flipping them over about halfway through the cooking time.

- ☐ Remove from the oil with a slotted spoon and place on paper towel-covered wire rack to drain and cool slightly before dipping in glaze. For the glaze: In a wide bowl, mix together powdered sugar, milk, and bourbon, and whisk until smooth.
- ☐ Add more milk as necessary to make a liquid glaze. Dip crullers in glaze and set on wire rack to dry. Beignets: You can also use this batter to make a yeast-free version of beignets. Simply drop half-tablespoonfuls of the batter into the oil (heated per above) and fry per instructions above until puffed up and golden brown.
- ☐ Let cool slightly and toss in powdered sugar. Churros: You can also use this batter to make churros. Pipe out straight lines on parchment paper and fry per instructions above until puffed up and golden.
- ☐ Roll in a mixture of 1/2 cup sugar and 1 teaspoon ground cinnamon.
- ☐ Serve with hot chocolate.

Nutrition Facts



Properties

Glycemic Index:16.51, Glycemic Load:7.71, Inflammation Score:-2, Nutrition Score:3.2417391279469%

Nutrients (% of daily need)

Calories: 194.71kcal (9.74%), Fat: 11.77g (18.11%), Saturated Fat: 5.73g (35.84%), Carbohydrates: 20.09g (6.7%), Net Carbohydrates: 19.77g (7.19%), Sugar: 10.91g (12.12%), Cholesterol: 66.45mg (22.15%), Sodium: 57.96mg (2.52%), Alcohol: 0.14g (100%), Alcohol %: 0.27% (100%), Protein: 2.34g (4.69%), Selenium: 7.09µg (10.13%), Folate: 27.95µg (6.99%), Vitamin B1: 0.1mg (6.74%), Vitamin A: 300.66IU (6.01%), Vitamin B2: 0.1mg (5.93%), Vitamin K: 5.88µg (5.6%), Manganese: 0.08mg (4.17%), Vitamin E: 0.57mg (3.77%), Iron: 0.67mg (3.72%), Vitamin B3: 0.7mg (3.5%), Phosphorus: 34.39mg (3.44%), Vitamin D: 0.4µg (2.65%), Vitamin B5: 0.2mg (2.03%), Vitamin B12: 0.11µg (1.91%), Zinc: 0.2mg (1.34%), Calcium: 13.19mg (1.32%), Fiber: 0.31g (1.26%), Copper: 0.02mg (1.23%), Vitamin B6: 0.02mg (1.1%)