



Raspberry Beignets with Vanilla Dipping Sauce

 Vegetarian

READY IN



230 min.

SERVINGS



24

CALORIES



1713 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon active yeast dry
- 3.5 cups bread flour
- 1 gallon fryer oil
- 12 egg yolks
- 3 eggs
- 1 cup flour all-purpose
- 0.7 cup granulated sugar

- 1 cup granulated sugar
- 24 servings granulated sugar for garnish
- 2 cups heavy cream
- 1 teaspoon kosher salt
- 0.8 cup raspberry jam seedless with a small tip (preferably)
- 1.3 sticks butter unsalted at room temperature
- 2 vanilla beans split
- 1 tablespoon vanilla extract
- 1 teaspoon vanilla extract
- 1 cup warm water
- 2 cups milk whole

Equipment

- bowl
- baking sheet
- sauce pan
- whisk
- pot
- blender
- hand mixer
- wooden spoon
- kitchen thermometer
- slotted spoon

Directions

- Watch how to make this recipe.
- In a medium bowl, stir together the yeast and the water. Set aside to proof.
- After 10 minutes, stir in the all-purpose flour, cover with plastic, set aside in a warm place and let it double in size.

- In the bowl of an electric mixer fitted with a paddle attachment, cream together the butter and sugar, 8 to 10 minutes.
- Add the eggs, with the mixer on low speed, one by one. When the mix is smooth, add the vanilla and salt. Stir to blend.
- Add the bread flour and mix on low speed until fully incorporated.
- Change the electric mixer attachment to a dough hook. Continue mixing the dough until it becomes a ball. Then, stir in the yeast mixture until thoroughly incorporated.
- Put the dough in a bowl, cover with plastic and allow to proof, 1 hour to 1 hour 30 minutes.
- Lightly flour a cool surface and roll the dough out to about 1 1/2-inch thickness.
- Cut rounds of dough with a cutter and turn them onto a floured baking sheet to rest, 20 to 30 minutes, before frying.
- Heat the oil in a large pot to 365 to 370 degrees F. Drop the beignets in the hot fat and cook until golden brown on both sides, 3 to 4 minutes.
- Remove them from the oil with a slotted spoon. Poke the pastry tip into the side of each beignet to inject some of the raspberry jam into the center of each and roll in the granulated sugar.
- Serve immediately with Vanilla Dipping Sauce.
- In a medium saucepan, bring the cream and milk to a simmer and add the vanilla beans.
- In a medium bowl, whisk together the egg yolks and sugar until they become a pale yellow color, 3 to 5 minutes. When the milk/cream simmers, pour it gently over the egg yolks and whisk to blend.
- Pour the entire mixture back into the pot and cook, stirring with a wooden spoon, until the mixture thickens slightly, 5 to 8 minutes. The sauce should register about 170 degrees F on a thermometer and still be smooth. Strain into a bowl, stir in the vanilla and allow to cool slightly before refrigerating.

Nutrition Facts

■ PROTEIN 1.43% ■ FAT 86.51% ■ CARBS 12.06%

Properties

Glycemic Index:18.55, Glycemic Load:33.84, Inflammation Score:-5, Nutrition Score:14.847826107689%

Nutrients (% of daily need)

Calories: 1712.53kcal (85.63%), Fat: 167.18g (257.2%), Saturated Fat: 20.18g (126.1%), Carbohydrates: 52.44g (17.48%), Net Carbohydrates: 51.7g (18.8%), Sugar: 32.78g (36.42%), Cholesterol: 155.17mg (51.72%), Sodium: 127.52mg (5.54%), Alcohol: 0.24g (100%), Alcohol %: 0.11% (100%), Protein: 6.23g (12.47%), Vitamin E: 27.16mg (181.08%), Vitamin K: 109.04µg (103.85%), Selenium: 17.15µg (24.5%), Vitamin A: 631.41IU (12.63%), Vitamin B2: 0.2mg (11.59%), Phosphorus: 105.87mg (10.59%), Manganese: 0.2mg (9.77%), Folate: 37.31µg (9.33%), Vitamin D: 1.23µg (8.17%), Vitamin B1: 0.11mg (7.28%), Vitamin B12: 0.38µg (6.27%), Vitamin B5: 0.61mg (6.14%), Calcium: 60.59mg (6.06%), Iron: 0.84mg (4.66%), Zinc: 0.63mg (4.2%), Vitamin B6: 0.07mg (3.71%), Copper: 0.07mg (3.51%), Vitamin B3: 0.61mg (3.03%), Fiber: 0.74g (2.96%), Potassium: 103.32mg (2.95%), Magnesium: 11.46mg (2.87%), Vitamin C: 1.05mg (1.28%)