

Doughnut Puffs in Honey Syrup

Bimuelos (beignets)

Bimuelos, derived from the Spanish word buñuelo, was a popular yeast dough fritter that the Jews of medieval Spain adopted.

These golden doughnuts are more like the lighter, quick and easy version my mother made, drenched in a warm honey syrup topped with chopped pistachios and dusted with cinnamon.

These irresistible bites are so perfect at Hanukkah!

For the bimuelos:

1 egg
1 cup whole milk
2 tsp vanilla extract
1 heaped cup plain (all-purpose) flour
1 heaped tsp baking powder
½ tsp salt

For the syrup:

½ cup sugar
½ cup water
3 tbsp clear or floral honey

For the deep-frying:

canola, grape-seed or other neutral oil

For the topping:

ground cinnamon
finely chopped pistachios (optional)

Beat the egg, milk and vanilla extract together in a bowl with a balloon whisk and pour into the dry ingredients. Fold the mixture together until the batter is well combined.

Preheat the oven to 180°C (350°F).

Prepare the syrup: Dissolve the sugar in water in a small pan over a medium heat. Add the honey and bring to a boil. Reduce the heat and simmer uncovered, without stirring,

until thick enough to coat the back of a spoon. Keep warm over a very low heat while you fry the doughnut puffs.

Heat 7.5cm (3in) oil in a deep, medium sized, heavy-based pan and place over a medium heat until a drop of batter sizzles in it.

Very gently ladle about 2 tablespoons of the batter into the sizzling oil. Fry for about 2 minutes. The doughnuts will rise to the surface of the oil as they begin to puff. Then, using a slotted spoon, turn over and fry for a further 1-2 minutes until a deep golden brown. Transfer to an ovenproof dish lined with paper towels and keep warm in the oven. **Repeat** with the remaining batter. Fry in batches, of not more than 3 at a time. Adjust the oil temperature as necessary.

Drizzle the warmed honey syrup over the puffs, dust with cinnamon and nuts (if using) and serve immediately. Makes 25.

Stella's Hints:

* Ideally these should be fried as near to serving time as possible.

Twist on Tradition:

- Icing (confectioner's) sugar and cinnamon can be sprinkled on the doughnut puffs instead of the warm honey syrup.