

Lángos



Ingredients:

For the Dough:

- 4 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 cup lukewarm water
- 1 teaspoon active dry yeast

For Frying:

- Vegetable oil for deep frying

Toppings (Optional):

- Garlic, minced
- Sour cream
- Grated cheese (e.g., mozzarella or cheddar)
- Chopped fresh herbs (parsley, dill)
- Salt

Instructions:

1. Activate the Yeast:

- In a small bowl, mix the lukewarm water, sugar, and active dry yeast. Let it sit for about 5-10 minutes until it becomes frothy.

2. Prepare the Dough:

- In a large mixing bowl, combine the flour and salt.
- Make a well in the center and pour in the activated yeast mixture.
- Mix to form a dough. Knead the dough for about 5-7 minutes until it becomes smooth and elastic.

3. Let the Dough Rise:

- Place the dough in a lightly oiled bowl, cover it with a clean kitchen towel, and let it rise in a warm place for about 1-2 hours or until it doubles in size.

4. Divide the Dough:

- Once the dough has risen, punch it down and divide it into smaller portions. You can make individual-sized lángos.

5. Shape the Dough:

- On a floured surface, roll out each portion of the dough into a flat round shape. You can shape it into circles or ovals.

6. Heat the Oil:

- In a deep fryer or a large, deep pan, heat vegetable oil to 350-375°F (175-190°C).

7. Fry the Lángos:

- Carefully place each dough round into the hot oil. Fry until the dough puffs up and turns golden brown on both sides. This usually takes about 2-3 minutes per side.

8. Drain and Pat Dry:

- Remove the fried lángos from the oil and place them on paper towels to drain excess oil. Pat them dry with additional paper towels.

9. Add Toppings:

- While the lángos are still warm, you can top them with minced garlic, sour cream, grated cheese, chopped fresh herbs, or a sprinkle of salt.

10. Serve Warm:

- Lángos is best served warm, right after frying.

Enjoy your homemade lángos! Whether you prefer it savory or sweet, lángos is a delightful treat that can be customized with your favorite toppings.