

Puff Puff (Bofrot)

Bofrot is a well-known Ghanaian doughnut that comes wrapped in newspaper and is a popular street food. Customarily, palm wine is utilized instead of yeast, however it's harder to stop by than yeast, so I have utilized the last option here. These dairy free Ghanaian Beignets can likewise be loaded up with chocolate sauce or strawberry jam for added delight - incredible for parties, extraordinary for regular nibbling!

Screen Shot 2021-08-23 at 9.01.33 AM.png
MAKES 15-20 DOUGHNUTS

300g (10½oz) plain flour

½ teaspoon salt

7g dynamic yeast

200ml (6½fl oz) warm water

100g (3½oz) caster sugar

½ teaspoon ground cinnamon

1 teaspoon vanilla concentrate

1 liter (1¾ pints) vegetable oil, for profound broiling

5g powdered hibiscus (discretionary)

To cover:

½ teaspoon ground cinnamon

40g (1½oz) sugar

Strategy

Combine every one of the fixings as one in huge wide bowl - aside from the yeast which you sprinkle over the dry blend - then add the warm water and let sit for 5 minutes without mixing or upsetting, during which time air pockets ought to start to show up as the yeast begins working.

Mix well at this point, then cover with cling film or beeswax and let rise for one to two hours in a warm place, or until the batter has doubled in size.

Heat the oil to 160°C (325°F) in a deep-fat fryer (the safest choice) or in a heavy-based, deep saucepan filled to just under half the pan's depth. Test the temperature of the oil with a little drop of the batter - it ought to gradually ascend to the surface and brown gradually.

Utilizing the drop scone strategy - drop a couple of isolated tablespoonfuls of the batter into the hot oil and broil for 2 minutes or until brilliant brown, then turn each bofrot over and sear until equally dull brilliant earthy colored everywhere.

Use a slotted spoon to remove and drain on kitchen paper. Use the remaining batter for the next step. Join the sugar and cinnamon for covering on a wide, profound plate then roll the bofrot around the plate to cover them in the blend.