

Beignets

New Orleans Square, Disneyland

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Beignets (pronounced ben-YAYS) originated in France and were brought over to Louisiana with the French settlers. Eating these pillowy doughnuts was (and is!) an integral part of any Mardi Gras celebration. New Orleans Square's seasonal Beignet flavors include Hot Chocolate, Candy Cane, Pumpkin, Gingerbread, and even Bubblegum. The Bubblegum Beignets were sold as an exclusive treat at a Disneyland After Dark: 80s Nite event.

SERVES 10

1½ cups warm water
(110°F)
½ cup granulated sugar
1 (¼-ounce) packet active
dry yeast
2 large eggs
1¼ teaspoons salt
1 cup evaporated milk
7 cups bread flour, divided
¼ cup shortening
4 cups vegetable oil for
frying
3 cups confectioners' sugar

1. In a small bowl, stir water together with sugar and yeast. Let sit 10 minutes.
2. In the bowl of a stand mixer, add eggs. Using the whisk attachment, beat eggs 1 minute. Add salt and evaporated milk. Add yeast mixture and combine.
3. Add 3 cups flour while continuing to mix. Add shortening until combined. Add remaining flour until thoroughly combined.
4. Switch to dough hook attachment and knead until dough comes together, about 5 minutes.
5. Grease a separate large bowl with nonstick cooking spray. Transfer dough to greased bowl. Place plastic wrap greased with cooking spray over top of bowl and let rise 3 hours at room temperature.
6. In a large, heavy-bottomed pot over medium heat, add vegetable oil. It should measure to a depth of about 2". Heat until oil reaches 350°F. Line a large plate with paper towels and set aside.



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7. Flour a flat surface and roll dough out to $\frac{1}{4}$ " thickness. Cut into Mickey shapes (or shape into Mickey face by hand).
 8. Carefully slide two or three dough Mickeys into the hot oil and fry about 1 minute on each side, until golden brown. Transfer to lined plate. Repeat with remaining dough.
 9. Allow fried Beignets to drain 30 seconds, then pile high with confectioners' sugar.

DID YOU KNOW?



Beignets got their Disney fame from the animated motion picture The Princess and the Frog. Tiana was hired by her debutant friend, Charlotte La Bouff, to make huge amounts of "man fetchin' beignets" for her Mardi Gras party. Now you can fetch whomever you want when you make these at home!



