

Gluten Free Beignets

Yields 20 beignets

Ingredients

1/2 cup plus 2 tablespoons warm water (100°F)

1 1/2 teaspoons dry active yeast (a package comes in the pizza mix, but it's more than you need, so measure it out.)

1/2 cup plus 2 tablespoons apple juice

1/4 cup unsweetened applesauce

3 tablespoons sugar

2 1/2 teaspoons powdered gluten-free egg replacer (I used The Neat Egg)

1/4 teaspoon salt

1/2 teaspoon canola oil

Pinch ground cinnamon

1 pound gluten-free pizza crust mix (divided – 15 oz for the dough and 1 oz for pastry bench)

Confectioners' sugar for finishing – about 2 cups

Canola or Vegetable oil – 2 inches deep in heavy pot.

Method

Heat water to temperature and add yeast – let stand for 5 minutes.

Meanwhile, in a stand mixer fitted with the paddle attachment, combine the apple juice, applesauce, sugar, egg replacer, salt, canola oil and cinnamon.

Once the yeast is activated, with the mixer on low speed, add it to the liquid mixture, then immediately start adding the pizza crust mix, one quarter cup at a time. Once all the flour mix is added the dough should be soft and the sides of the mixing bowl should be pretty clean.

Line a baking sheet with parchment paper and very lightly dust it with the reserved flour/pizza mix. Set aside.

Dust a clean dry surface lightly with a small portion of the reserved flour/pizza mix. Turn the dough out on the surface and knead a few times to pull it all together. Divide the dough into two equal portions and wrap one portion in plastic wrap.

Roll out the dough to 1/8 inch thickness (flip and dust your surface with flour as necessary) and cut into 2"x3" rectangles. Place finished rectangles on prepared baking sheet. You should get 20 rectangles from this half of dough, and another 20 from the second half of dough. Did you run out of room on your baking sheet? Just add a layer of parchment paper and place remaining pieces on top.

Cover the baking sheet and place in a warm area for 20 minutes.

Meanwhile, heat oil to 350 degrees in a heavy pot. Line a plate with paper towels, and place the powdered sugar in a gallon-size zip sealed bag.

Once the 20 minutes is up, and your oil is to temperature, prepare four beignets at a time. You will notice that each dough rectangle has a moist side and a drier side. Take two pieces of dough and stack them on top of one another, moist sides together. Pinch around the edges to seal. (This is how you get the infamous air pocket in the middle of the beignets!) Prepare as many sandwiched dough pieces that fit in your pot (for mine, that is four) and carefully add them to the hot oil. Cook for 2 minutes on one side, flip, and cook for a remaining 2 minutes.

Remove beignets and place on paper-towel-lined plate. Add another round of dough to the oil, and while that is cooking, place the first batch of finished beignets in bag with powdered sugar. Seal, and toss until thoroughly covered. Remove from bag and place on serving plate.

Continue this system of sandwiching, frying, draining and tossing, until finished with all beignets. Serve immediately. Dough (at the 1/4 inch thickness) can be frozen (separate with parchment paper) for up to six weeks. Let thaw at room temperature.