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# New Orleans Doughnuts (Beignets)

*Bonnie Welch and Deanna White*

*Kitchen Keepsakes - Castle Rock, CO - 1989*

**1 package active dry yeast**  
**1 1/2 cups warm water (105 degrees)**  
**1/2 cup sugar**  
**1 teaspoon salt**  
**2 eggs**  
**1 cup undiluted evaporated milk**  
**7 cups flour**  
**1/4 cup soft shortening**  
**oil (for frying)**  
**powdered sugar or honey**

In a large bowl, sprinkle the yeast over the water. Stir to dissolve.

Add the sugar, salt, eggs and milk. Blend with a beater. Add four cups of flour. Beat until smooth. Add the shortening. Beat in the remaining flour.

Cover and chill for several hours. (The dough will keep in the refrigerator for four to five days.)

Roll on a floured board to 1/8 inch thickness. Cut into 2-1/2 inch squares.

Deep fry at 360 degrees for 2 to 3 minutes or until lightly browned on both sides. Drain on paper towels.

Sprinkle heavily with powdered sugar. Also good with butter or honey.

Serve hot at breakfast or brunch.

Yield: 4 dozen

## **Breads, Muffins**

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*Per Serving (excluding unknown items): 3741 Calories; 19g Fat (4.6% calories from fat); 106g Protein; 771g Carbohydrate; 27g Dietary Fiber; 424mg Cholesterol; 2294mg Sodium. Exchanges: 44 Grain(Starch); 2 Lean Meat; 1 Fat; 6 1/2 Other Carbohydrates.*