



Fringy Fritters

A local Southern California favorite in the U.S.

1 (1/4 oz.) packet Red Star platinum baking yeast

1/4 cup granulated sugar

1-1/2 cups all-purpose flour

3/4 cup unsweetened almond milk or skim milk

1/4 cup unsalted butter

1 egg

1 teaspoon pure vanilla

1 cup all-purpose flour or as needed

1/4 teaspoon salt

Garnish: Sprinkle as desired with granulated sugar and ground cinnamon

Serve with: Your favorite jam or jelly

Combine Some Dry Ingredients: In a mixing bowl, mix Platinum Yeast with granulated sugar, and 1-1/2 cups all-purpose flour. Set aside.

Adding Liquid Ingredients: In microwave safe bowl, combine milk and butter; cook in microwave on high power for 1 minute or until butter melts and temperature is 120 to 130 F degrees.

Prepare Yeast Batter: Add to flour mixture; beat 2 minutes. Scrape dough down in bowl. Add egg and vanilla; beat for 3 minutes. Change beating attachment to kneading hook. Knead remaining flour and salt to make a soft smooth dough. Cover; let rest for 10 minutes.

1st and 2nd Rising: Place dough in large, greased bowl; cover; let rise until doubled in size. With floured hands, shape Tablespoon size dough into balls; place on parchment covered cookie sheets; cover with plastic wrap; let rise in warm place for about 30 to 45 minutes or until doubled in size.

Frying Fritters: Heat oil to 375 degrees F. Place about 3 to 4 balls in frying basket of a deep fryer; cook for about 3-1/2 minutes; turning with a wooden spoon or silicone spatula each minute to brown them evenly. Remove to paper towel lined plate to drain any excess oil.

Sugar Coat Fritters: Place granulated sugar and cinnamon in paper bag. Place hot fritters in bag and shake to coat with sugar. Remove to serving plate. Continue frying remaining fritters and coating with sugar mixture.

To Serve: Place warm fritters in serving basket. Serve with apricot and strawberry jelly or your favorite jam.

Yield: about 3 dozen small fritters

About the Recipe: Fritters are found in many cuisines. This recipe was served to us as a breakfast treat many years ago. It is so easy to make, and I loved the idea that if the dough isn't used up, you could refrigerate it for the next day. It's fun to serve them with an assortment of jams and jellies.

Why are Fritters a comfort food?

Fritters are deep-fried little pieces of yeast dough or chou paste. Some of them are savory with bits of seafood, meat, or vegetables, and others are sweet fritters tossed with cinnamon sugar. They are often served with jelly or jams.

People love their crunchy outside crust and a pillow soft inside texture. Many countries have their favorites such as French beignets, Italian bigne, Greek loukoumades, Indian Pakora, and Italian Fritto misto. These are only a few of the global regional favorites. The tasty crisp delights are popular as street food or homemade treats.