



## Puff Puff the Nigerian Doughnuts

By Dylan Sabuco

**Prep Time** 15 / **Cook Time** 20 / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**drizzle:** to trickle a thin stream of a liquid ingredient, like icing or sauce, over food.

**combine:** to merge two or more ingredients into one mixture, like a batter of flour, eggs, and milk.

**fry:** to cook in a pan in a small amount of fat.

### Equipment

- ☐ Large mixing bowl (2)
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Dry measuring cups
- ☐ Small bowl
- ☐ Whisk
- ☐ Small pot
- ☐ Wooden spoon or heat-resistant spatula
- ☐ Tray or plate
- ☐ Paper towels

### Ingredients

Puff Puff the Nigerian Doughnuts

- ☐ 2 cups warm water
- ☐ 2 1/4 teaspoon active dry yeast, or 1 packet
- ☐ 1/2 C granulated sugar/honey/agave
- ☐ 3 1/2 cups all-purpose flour **\*\*(for GLUTEN ALLERGY sub gluten-free flour)\*\***
- ☐ 1/2 T salt
- ☐ 1/4 C vegetable oil

## Food Allergen Substitutions

### Puff Puff the Nigerian Doughnuts

**Gluten/Wheat:** Substitute gluten-free flour for all-purpose flour in Doughnuts.

## Instructions

### Puff Puff the Nigerian Doughnuts

#### intro

As the name suggests, this is an extremely puffy, tiny doughnut. A honey glaze creates a crisp texture even if you don't achieve the ideal golden brown while frying. This Nigerian classic is so tasty, you will be making it all the time.

#### measure + combine

Measure and combine **2 cups warm water**, **2 1/4 teaspoons active dry yeast**, and **1/2 cup sugar** in a large mixing bowl. This will activate the yeast and make it become bubbly. Stir the mixture and allow it to sit for about 5 minutes.

#### measure + combine

Measure and combine **3 1/2 cups flour** and **1/2 tablespoon salt** in a separate bowl. After the yeast is frothy, add all the flour and salt to the yeast mixture and stir. The resulting mixture should be a very tacky, sticky batter.

#### fry + flip

Heat **1/4 cup vegetable oil** in a small pot over medium high heat. (You can use more if you prefer to deep-fry.) Place a small drop of batter into the oil. Once the batter begins to bubble, start scooping 1 tablespoon-sized scoops of batter into the hot oil. Sizzle and fry the batter until it puffs and expands, then flip the small doughnut over and cook until golden brown. Each Puff Puff will take about 5 minutes to cook.

## drizzle + serve

Place the finished Puff Puff onto a paper towel-lined tray (this will absorb any excess oil and help catch any drips of the sticky sauce) and drizzle with New Year's Honey-Honey Drizzle (see recipe)!

## Featured Ingredient: Flour!

Hi! I'm Flour!

"Happy Baking, Friends! I'm Flour, and I'm a VIP (Very Important Powder)! I'm really quite useful (and humble). You can use me to make breads, cakes, cookies, crackers, crumpets, doughnuts, muffins, pancakes, pasta, waffles, and more. (Which is your favorite?) I can coat vegetables and meats before frying them in oil, and you can combine me with a fat to make a roux to thicken sauces and gravies. You can even make play dough and glue with me. Can you see now why I'm a VIP?"

### History

Around 8,000 to 15,000 years ago, people discovered that they could crush wheat seeds between simple grindstones to make flour.

When you grind cereal grains, beans, seeds, or roots (like cassava), they become a powder, resulting in flour. Some of the grains besides wheat that can be ground into flour are rye, buckwheat, barley, corn, oat, and rice. Other foods used to make flour are potatoes, acorns, mesquite, cassava, soybeans, garbanzo beans (or chickpeas), amaranth, and even bananas!

Flour is the primary component of bread, and bread is a staple in many countries. Therefore, sufficient amounts of flour are critical, which has caused major economic and political issues at various times throughout history.

### Anatomy & Etymology

Before grains are ground into flour, they are whole pieces taken from a plant.

Each kernel of wheat consists of three parts: the coarse outer bran layer (which contains most of the fiber), the germ, and the endosperm. The endosperm stores the grain's starch, a carbohydrate that the body uses to create energy. Other foods that contain starch are potatoes, pasta, and rice.

Whole-wheat flour is the result of grinding or milling the whole grain. It contains all three parts of the kernel—bran, endosperm, and germ.

White flour has been refined or polished and bleached to remove the bran. As a result, white flour has less fiber than whole-wheat flour and fewer nutrients, too.

The word "flour" is originally a variant of the word "flower." Both derive from the Old French "fleur" or "flour," literally "blossom," and figuratively "the finest" (of the milled grain).

## How Flour is made

Flour is made in nearly every country in the world.

First, farmers plant wheat seeds, and plants begin to grow. Then, when they are ready to harvest, farmers collect them with giant machines called combines.

Combines cut, separate, and clean the wheat at the same time. The grain must be completely dry before storing, so farmers don't harvest it when it's rainy.

Then, they transfer the flour to a mill (a building where grains are ground into flour), where a miller will oversee the grinding of the wheat grain into flour.

One whole wheat grain makes over 20,000 particles of flour!

## Nutrition

Flour contains protein and is a significant source of carbohydrates.

Carbohydrates are a direct source of energy for the body. Our bodies first have to make some changes to the carbohydrates, but then they are quickly converted to energy by our cells.

Fiber helps to keep our intestines happy, feeding the good bacteria in our gut. Whole-wheat, unbleached flour is an excellent source of fiber.

Whole wheat contains essential nutrients, including vitamins, minerals, healthy fats, protein, and fiber.

Organic, unbleached flour is the healthiest.

Wheat-free and gluten-free flours are vital to people who have celiac disease, wheat allergies, or gluten intolerance (or non-celiac gluten sensitivity). Varieties of gluten-free flours include those made from: almonds, amaranth, buckwheat, corn, garbanzo beans (or chickpeas), millet, quinoa, rice, sorghum, soybeans, and teff.