

Chinese Fried Dough

Ingredients

2 c Flour
1 Egg
1/2 t Salt
1 1/2 t Baking Powder
1 T Milk
2 T Unsalted Butter (softened)
1/3 c Water
3 c Vegetable Oil

Instructions

1. In the bowl of an electric mixer, add flour, egg, salt, baking powder, milk, and butter. Add dough hook and mix together on the lowest setting.
2. Slowly add the water in a few separate batches, you may need more or less depending on the humidity in your kitchen. Knead the dough for 15 minutes. The dough should be sticky, but not stick to the sides of the bowl. Cover the dough, and let rest for 30 minutes.
3. On a clean, lightly floured surface, form the dough into a long flat loaf shape, about 1/4-inch thick and 4 inches wide. Place it in the center of a large piece of plastic wrap on a baking sheet. Wrap the dough, tucking the two ends of the plastic under the loaf, and ensuring that the

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dough is completely covered and refrigerate overnight.

4. Take the dough out of the fridge and let it sit on the counter for 3 hours, until the dough is room temperature and soft to the touch.

5. Prepare the oil for frying using a large pan. A large vessel, will produce a long product. Use medium heat to slowly bring the oil up to 400-425°F.

6. Meanwhile, unwrap the dough. Flip the dough onto a lightly floured surface, and very lightly flour the top side of the dough. Next, cut the dough into 20, 1-inch wide strips. Stack them one on top of each other and press the center, lengthwise, with a chopstick. Hold the two ends of each piece, and gently stretch the dough to a 9-inch long

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rope.

7. Once the oil is up to temperature, carefully lower the stretched dough into the oil. The dough should surface right away. Now take chopsticks, and quickly roll the dough in a continuous motion for about a minute. You can fry one to two at a time. Just be sure to take the time to continuously roll the dough in the oil.

8. The dough is done once they turn light golden brown. Try not to over-fry. Now, repeat those steps with the remaining dough. Serve immediately with congee and enjoy!