



Salted Chamomile Honey Beignet Bites + Raspberry Ripple Drizzle + Raspberry Chamomile Fizz

By Erin Fletter

Prep Time 25 / Cook Time 15 / Serves 4 - 6

Shopping List

☐ FRESH OR FROZEN

☐ 12 oz (about 2 C) fresh or frozen raspberries

☐ DAIRY AND EGGS

☐ 1 large egg ****(see allergy subs below)****

☐ 2 T butter ****(see allergy subs below)****

☐ 1/2 C milk ****(see allergy subs below)****

☐ PANTRY

☐ 1 1/4 C granulated sugar

☐ 3/8 tsp salt

☐ 2 chamomile tea bags

☐ 1 1/3 C all-purpose flour ****(see allergy subs below)****

☐ 3/4 tsp baking powder

☐ 1/8 tsp baking soda

☐ 1/3 C honey

☐ 1/2 C vegetable oil ******

☐ 2 tsp sugar or honey + more to taste

☐ 2 C sparkling water

- ☐ HAVE ON HAND
- ☐ 1 C + 2 tsp water
- ☐ 1 C ice

Fun-Da-Mentals Kitchen Skills

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

wet vs dry: to mix wet and dry ingredients separately before combining them: dry ingredients are flours, leavening agents, salt, and spices; wet ingredients are those that dissolve or can be dissolved (sugar, eggs, butter, oils, honey, vanilla, milk, and juices).

simmer: to cook a food gently, usually in a liquid, until softened.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

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

glaze: To coat a food, like cupcakes, donuts, or ham, with a layer of a liquid and a sweetener to add flavor and a pleasing appearance.

chop: to cut something into small, rough pieces using a blade.

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

mash: to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

pour: to cause liquid, granules, or powder to stream from one container into another.

strain: to separate liquids from solid foods or remove bigger food particles from smaller particles using a perforated or porous device like a strainer, sieve, colander, or cheesecloth.

Equipment

- ☐ Medium saucepan
- ☐ Large sauté pan
- ☐ Medium mixing bowl
- ☐ Large mixing bowl
- ☐ Liquid measuring cup
- ☐ Dry measuring cups

- ☐ Measuring spoons
- ☐ Wooden spoon
- ☐ Slotted spoon
- ☐ Plate
- ☐ Paper towels
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Potato masher
- ☐ Blender (or pitcher + immersion blender)
- ☐ Sieve or strainer
- ☐ Pitcher

Ingredients

Salted Chamomile Honey Beignet Bites

- ☐ Chamomile syrup:
 - ☐ 1 C water
 - ☐ 1 C granulated sugar
 - ☐ 1 pinch salt
 - ☐ 2 chamomile tea bags
- ☐ Beignet bites:
 - ☐ 1 1/3 C all-purpose flour ****(for GLUTEN ALLERGY sub 1 1/3 C gluten-free/nut-free all-purpose flour)****
 - ☐ 3/4 tsp baking powder
 - ☐ 1/8 tsp baking soda
 - ☐ 1/4 tsp salt
 - ☐ 1/3 C honey
 - ☐ 2 T very soft butter ****(for DAIRY ALLERGY sub 2 T dairy-free/nut-free butter)****
 - ☐ 2 T vegetable oil **** + more for pan**
 - ☐ 1/4 C granulated sugar

- ☐ 1 large egg ****(for EGG ALLERGY sub 1 very ripe banana)****
- ☐ 1/2 C milk ****(for DAIRY ALLERGY sub 1/2 C dairy-free/nut-free milk)****

Raspberry Ripple Drizzle

- ☐ 6 oz (about 1 C) fresh or frozen and thawed raspberries
- ☐ 2 tsp water
- ☐ 2 tsp sugar or honey

Raspberry Chamomile Fizz

- ☐ 2 T chamomile syrup (from Salted Chamomile Honey Beignet Bites recipe – link below)
- ☐ 6 oz (about 1 C) fresh or frozen raspberries
- ☐ sugar or honey to sweeten as needed
- ☐ 2 C sparkling water
- ☐ 1 C ice

Food Allergen Substitutions

Salted Chamomile Honey Beignet Bites

Gluten/Wheat: For 1 1/3 C all-purpose flour, substitute 1 1/3 C gluten-free/nut-free all-purpose flour.

Dairy: For 2 T very soft butter, substitute 2 T dairy-free/nut-free butter. For 1/2 C milk, substitute 1/2 C dairy-free/nut-free milk.

Soy: Substitute canola oil or other nut-free high-smoking point oil (can heat to a higher temperature without smoking) for vegetable oil.

Egg: For 1 large egg, substitute 1 very ripe banana.

Raspberry Ripple Drizzle

Raspberry Chamomile Fizz

Instructions

Salted Chamomile Honey Beignet Bites

combine + simmer

First, make the chamomile syrup! To a medium saucepan, add **1 cup water**, **1 cup sugar**, and **1 pinch of salt**. Bring to a boil, then reduce heat to low and allow to simmer until thickened, about 10 minutes. Turn

off the heat and add **2 chamomile tea bags** to the pan. Allow the tea to steep while the beignet bites cook. Remove the tea bags and set aside to drizzle over the fried beignet bites. (Reserve 2 tablespoons of the syrup for **Raspberry Chamomile Fizz** if making.)

measure + whisk

Next, make the beignet dough! In a medium mixing bowl, measure and whisk together **1 1/2 cups flour**, **3/4 teaspoon baking powder**, **1/8 teaspoon baking soda**, and **1/4 teaspoon salt**.

measure + whisk

In a large mixing bowl, measure and whisk together **1/3 cup honey**, **1/4 cup sugar**, **2 tablespoons very soft butter**, and **2 tablespoons vegetable oil**. Crack and whisk **1 egg** and add to the bowl, then whisk again. Add **1 cup of milk** and whisk to combine all the ingredients together.

combine + stir

Add the dry ingredients 1/4 cup at a time to the wet ingredients. Stir until it becomes too stiff to stir with a wooden spoon.

frying safety

Make sure always to have your skillet lid nearby. Smoke and splatter are hazardous and need to be treated with care. As soon as you finish using the fryer oil, remove the skillet from the heat to ensure it cools as quickly as possible.

heat + fry

Heat a large sauté pan with enough vegetable oil to come up halfway to the top of the pan, about 2 inches high in order to fry the beignets. Once the oil begins to shimmer or ripple, carefully and gently use a 1/4 measuring cup to scoop the beignet dough into the hot oil. Fry for about 2 to 3 minutes total, until golden brown. Remove with a slotted spoon and let them rest on a plate lined with paper towels. Fry in batches, about 4 beignets at a time, until all are cooked.

scrumptious science

Frying is a cooking method that relies on the principles of heat transfer and chemical reactions to cook food. When food is submerged in hot oil, the high temperature causes water to evaporate rapidly, creating steam and forming a crust. This process and the Maillard reaction (a chemical process that occurs when food is heated, causing browning and development of complex flavors) contribute to the characteristic crispiness and flavor of fried foods.

glaze + drizzle

Drizzle the Honey Beignet Bites with the salted chamomile syrup as a glaze and top with **Raspberry Ripple Drizzle**.

Raspberry Ripple Drizzle

chop + mash

Chop **6 ounces of raspberries** and add them to a mixing bowl. Measure and add **2 teaspoons water** and **2 teaspoons sugar or honey**. Mash all the ingredients together!

drizzle or dip

Serve the Raspberry Ripple Drizzle spooned over pastries, like our **Salted Chamomile Honey Beignet Bites**, or use as a dip!

Raspberry Chamomile Fizz

measure + blend

Measure and add **2 tablespoons of reserved chamomile syrup** (from the **Salted Chamomile Honey Beignet Bites**) and **6 ounces of raspberries** to a blender (or pitcher for use with an immersion blender). Add **sugar or honey to taste**. Blend on high until smooth.

strain + pour

Then, strain the blended mixture through a sieve into a pitcher and top with **2 C sparkling water**. Stir, then pour into glasses with **ice** and add any leftover raspberries to each glass!

Featured Ingredient: Baking Powder and Baking Soda!

If you don't use yeast or eggs to make a baked good rise, you must use a chemical leavening agent. For this purpose, you can use either baking soda, baking powder, or a combination of both. Adding them to baked goods before baking produces carbon dioxide, a gas, causing them to "rise."

Baking soda contains only one ingredient: sodium bicarbonate. It begins to act as soon as it touches an acid, like lemon juice or vinegar. Baking powder, however, doesn't fully activate until the dough is heated.

Baking powder includes baking soda, cream of tartar (an acid), and a starch, like cornstarch. The starch prevents the bicarbonate and acid from prematurely reacting. Baking powder comes in two forms: single-acting and double-acting. Single-acting activates with moisture, so you need to bake the dough right after mixing. Double-acting works in two stages. Some gas releases before baking when the powder is added to the damp dough, but most releases while the dough is heated during baking.