



Salted Chamomile Honey Beignet Bites

By Erin Fletter

Prep Time 15 / Cook Time 15 / 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).

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.

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

Ingredients

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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)**

Food Allergen Substitutions

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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.

Instructions

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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**.

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.