

BOÑELOS AGA'

OMG – take me home. A few months ago, I was sick to my stomach. Wouldn't you know one bag of boñelos aga' made me feel much better.

INGREDIENTS

Set 1

1 ½ c. very ripe, smashed bananas (2-3 medium to large bananas)

½ c. sugar

1 t. vanilla

Set 2

1 ¼ c. flour (+1/8 c. more may be necessary)

1 t. baking powder

Set 3

Vegetable oil for deep frying

Tools: large pot, ladle w/ holes, medium bowl, colander, napkins

DIRECTIONS

1. Fill the large pot half way with oil. Heat the oil on medium heat.
2. Combine the smashed bananas, sugar, and vanilla.
3. Add 1 ¼ cup flour and baking powder. Mix thoroughly.
4. Depending on the ripeness of the bananas (water content), you may not need the remaining 1/8 cup of flour.
5. Check the thickness of the “cake mix like” batter. The batter should be a bit thicker than cake mix, but not at all like bread dough. Take a scoop in your hand. Drop it into the rest of the mixture. The scoop should retain some of its shape without completely blending into the mix. It will slightly flatten out, but you should be able to see the outline.
6. If you are not sure, leave out the extra flour for now.
7. **Test your “batter dropping” technique.** Scoop a small amount of batter into the palm of your dominant hand. Make a circle with your thumb and fingers. Turn your “circled fingers” to drop some batter back into the bowl. This takes a little bit of practice. If you can squeeze the batter out and let the trail of batter fall onto itself in the oil, your doughnuts have a good chance of turning out round. If not, and the boñelos has a tail, the more crunchy parts to eat! You can always use two small spoons.
8. Drop about a teaspoon of batter into the oil. First, is the oil hot enough? If not, wait till it is hot enough, or turn up the heat.
9. The batter should turn into a puffy ball. The batter may fall to the bottom of the pot, but rise as it cooks. It will only stay at the bottom a few seconds. If it sits longer, the oil is not hot enough.
10. Test a large portion of batter. Scoop enough batter in your hand to form 1 doughnut. Drop it into the oil. The oil should be hot enough to cook the center of the boñelos and brown the outside of the doughnut, about 15 minutes.
11. Let cool. Open the doughnut and check to see if it is cooked. Check carefully as there will be chunks of banana in the boñelos. If in doubt whether there is enough flour, I would go ahead and add the remaining 1/8 cup of flour.
12. Fry the remaining batter and cool in a colander or napkin lined dish.

13. This will yield a small batch of boñelos, which should be quite soft even after it has completely cooled. If you don't think it is soft, leave out the remaining 1/8 cup of flour next time.

Making boñelos requires small adjustments to the dough depending on how much water is in the fruit, in this case bananas. This recipe is quite reliable. Do not add more flour than I have listed, unless you like your boñelos on the harder / firmer side. This recipe does not yield a very oily doughnut. There is a recipe out there for boñelos that gives an oily, but sooo yummy doughnut!

Recipe from REMEMBER GUAM by Paula Quinene of PaulaQ.com.