

BOÑELOS YEAST

Can you say “gof munngi?” This is definitely soooooo yum-yum! One of my mother-in-law’s productions, this is a very soft, melt in your mouth doughnut!

INGREDIENTS

Set 1

3 – ¼ oz. pkgs. yeast
2 T. sugar
1 c. warm water at 110 degrees

Set 2

9 c. flour

Set 3

2 sticks unsalted butter, melted
1 c. warm, evaporated milk
¾ c. warm, whole milk
¼ c. olive oil

Set 4

2 eggs, beaten
1 c. sugar

Set 5

Oil for deep frying
1 ½ c. sugar for dusting
3 T. cinnamon for dusting

***Tools:** large bowl, 2 medium bowls, whisk, large pot, slotted ladle or tongs*

DIRECTIONS

1. Beginning with set 1, pour 1 cup water into large bowl. Add the 2 tablespoons of sugar and dissolve.
2. Sprinkle yeast over the water and let sit for a few minutes. Whisk to dissolve yeast. Set aside in oven for 15 minutes (DO NOT put the oven on).
3. In a separate bowl, beat together the 2 eggs and 1 cup sugar from set 4.
4. Add the 2 sticks melted butter, 1 cup warm, evaporated milk, ¾ cup warm, whole milk and ¼ cup oil to the eggs, little by little, whisking as you go.
5. Pour the new mixture into the yeast and completely combine.
6. Add half of the flour into the batter and mix with your hands. Add the remaining flour to form a slightly, sticky dough.
7. Allow this dough to rise, about 45-60 minutes.
8. Knead the dough a few turns (Do not over-knead as it will make the doughnuts tough). Allow the dough to rise another 45-60 minutes.
9. Fill pot 2/3 with oil and heat on medium.
10. Divide the dough into equal portions.
11. Roll each portion out to form a long, thin log with a diameter measuring just over 1 cm.

12. Bring the two ends of the log together to slightly overlap, with the ends winding 2 times around.
PINCH the ends to secure.
13. Roll all pieces out, giving the first batch enough time to rise, about 15 minutes.
14. Fry till golden on the outside.
15. Dough will float once in oil.
16. When done, remove from the oil. Sprinkle cinnamon and sugar over hot doughnuts.
17. Cool on a wire rack.
18. Store in an open container or in an opened paper bag.

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