

French bugnes with the thermomix

French bugnes with the thermomix

10 min	10 min 2 min	10 min 2 min 12 min	10 min 2 min 12 min 2/10
10 min 2 min 12 min 2/10 12	10 min 2 min 12 min 2/10 12 10	10 min 2 min 12 min 2/10 12 10 9	

10 min 2 min 12 min 2/10 12 10 9

300G plain flour
70G of butter
60G of sugar
50G of cream
25G of water
2 sachets of baking powder
2 sachets of vanilla sugar
2 eggs
2 Tsp rum
1 pinch of salt
Cooking oil
Icing sugar

**300G plain flour
70G butter
60G sugar
50G cream
25G water
2 sachets baking powder
2 sachets vanilla sugar
2 eggs
2 Tsp rum
1 pinch salt
Cooking oil
Icing sugar **

Lyonnais bugnes or merveilles in the southwest are small beignets to be enjoyed during Mardi Gras and carnival. Discover how to quickly cook them :

Â»

Put the butter in the bowl of the thermomix and cook for 2 minutes on 70°C on speed 2.

Â»

Put the flour, the yeast, the vanilla sugar, the sugar, the eggs, the cream, the rum, the water and salt in the bowl of the thermomix and mix for 2 minutes feature on the cob.

Â»

Put the dough in a bowl and cover with a dish towel.

Â»

Allow the dough to rest and rise for at least 3 hours.

Â»

Flour your work surface, put the dough over and press firmly on the dough to remove the gas.

Â»

Put the dough back in the bowl, cover with a towel and let the dough doubled in size.

Â»

Flour your work surface and spread the dough to a thickness of 3 cm, and form the bugnes (for my part, they are oval).

Â»

Heat the oil for fryer, either in a saucepan or in a fryer.

Â»

Put your bugnes in the oil and don't forget to return them (about 1 minute on each side).

French bugnes with the thermomix



Sprinkle with icing sugar when they are cool.

Enjoy these delicious bugnes during Lent or Mardi Gras, between mid-February and mid-March. Yum ;)