

French bugnes with the thermomix

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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
**

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

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

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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.

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

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

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

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

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

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

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

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Sprinkle with icing sugar when they are cool.

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