



BUGNES LYONNAISES (GRANDMOTHER'S RECIPE)

INGREDIENTS

For 25 bugnes

- 500g of flour
- 120g of sugar
- 6 free-range eggs
- 120g of butter
- 2 pinch of salt
- 4 orange zest
- 4 lemon zest
- 10cl of Rum
- Powdered sugar
- 10 cl of beer
- About 2.5l of vegetable oil

DIRECTIONS

Soften the butter and beat the eggs into an omelet.

In a salad bowl, put the flour, butter, sugar, salt, eggs, and rum.

Once mixed, add the beer (the yeasts found in the beer will give bugnes a bit fluffier).

Form a ball out of the dough and let stand for 3 hours in the fridge. Heat the vegetable oil to 180°C (355F).

Roll out the dough to have a flat layer of about 1cm.

Cut into strips of about 10 cm long and 4 cm wide.

Make a slit in the middle of the strip and pass one end through it to make a knot.

Dip the bugnes delicately into the oil, then gently turn them over once golden.

Drain them on paper towel.

Sprinkle with powdered sugar.