

When Portuguese workers arrived in Hawaii to work in the sugarcane fields, they brought their version of fried dough with them. The name means "badly made" and refers to their crude, homemade nature, and they remain a favorite in the islands to this day.

Malassadas

1 package (about 1 Tbs, 15 ml) dry active yeast
1/4 cup (60 ml) warm water
6 1/2 cups (1.625 L) all-purpose flour
2/3 cup (160 ml) sugar
1/2 tsp (2 ml) salt
6 eggs
1/4 cup (60 ml) vegetable oil
1 tsp (5 ml) lemon extract
1 tsp (5 ml) vanilla extract
1 3/4 cups (435 ml) milk
Oil for deep frying
Sugar for garnish

Dissolve the yeast in the warm water in a small cup. Combine the flour, sugar, and salt in a large mixing bowl. In a separate bowl whisk together the eggs, vegetable oil, and extracts. Using a wooden spoon, stir the yeast mixture and egg mixture into the flour mixture. Gradually add the milk and stir until the dough is smooth, about 5 minutes. Cover and let rise in a warm place until doubled in volume, about 1 hour. Punch the dough down and form into balls about the size of a walnut. Fry in hot oil (350F, 180C) until golden brown on both sides. Drain on paper towels and roll in sugar. Serve immediately. Makes about 3 dozen.

Bon appetit from the Chef at World Wide Recipes