



Sparkle Kitchen

Beaver Tails

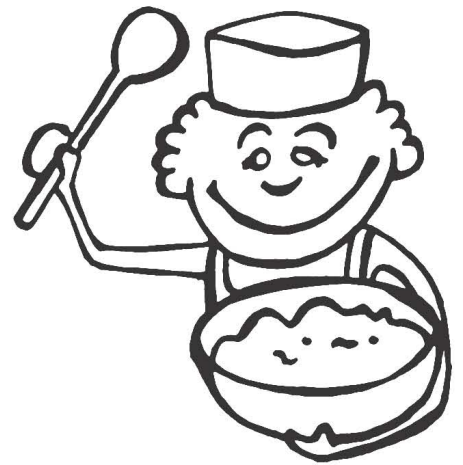
Ingredients

- 3 teaspoons dry yeast
- 1/4 cup water
- 1/2 cup warm milk
- 1/2 teaspoon salt
- 1 teaspoon vanilla
- 3 Tablespoons, plus 1 tsp honey
- 1 egg
- 3 Tablespoons olive oil, with extra for oiling the bowl
- 3 cups flour, with extra for flouring your counter
- 1 quart vegetable oil for frying
- 1 cup sugar
- 3 Tablespoons cinnamon

Directions

Mix the yeast, warm water, and 1 tsp of honey in a mixing bowl. Let that sit for a minute, as you heat half a cup of milk so that it's just barely warm. (About 10 seconds in the microwave was perfect for me.)

Add the milk, salt, vanilla, egg, and the rest of the honey to the bowl. Mix until it comes together, then gradually begin adding flour. By the time all three cups are added, you should have a relatively un-sticky dough. Feel free to add a little more flour if your dough is still really wet.



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Turn the dough out onto a floured countertop, and knead in more flour until the dough is the consistency of pizza dough. Oil the mixing bowl, place the dough back inside, and drizzle a little more oil over the top. Cover the bowl with a towel, and leave the dough to rise for about an hour.

When the dough has risen, begin heating your frying oil to 375 degrees. Pour the quart of vegetable oil into a high-sided skillet or stockpot, and begin over medium heat. Monitor the temperature as you work by using a candy or frying thermometer so that you can adjust the heat as needed.

As the oil heats, mix the cinnamon and sugar in a large bowl.

Then, break off a golf ball sized piece of dough, and roll it out into an oblong shape. Cover with a towel to keep the first “tails” from drying out as you continue to break off and shape the rest of the dough.

When the oil is ready, carefully slide in the prepared pieces of dough. Unless you have a very wide pot, you should fry them one at a time. If you can keep the temperature close to 375 degrees, these should cook for about a minute on each side, but if your oil creeps hotter you can cut the time shorter.

Once each beaver tail is cooked, let it drain on rack or paper towel for a moment or two, then dredge it through the cinnamon and sugar. While beaver tails are often served with additional accompaniments, like honey and lemon, when they’re fresh and hot we found that they didn’t need a thing extra!

Enjoy!