



Puff Puff the Nigerian Doughnuts + New Year's Honey Drizzle + Kid-Friendly "Chapman"

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Prep Time 27 / Cook Time 20 / Serves 4 - 6

Shopping List

- FRESH
- 1 lemon
- 1 cucumber
- PANTRY
- 2 1/4 tsp active dry yeast, or 1 packet
- 3 1/2 C all-purpose flour **** (for GLUTEN ALLERGY sub gluten-free flour) ****
- 1 C granulated sugar/honey/agave syrup
- 1/2 T salt
- 1/4 C vegetable oil
- 1/3 C honey
- 1 can or 1 C sparkling water
- 1/3 C grenadine or cranberry juice (optional)
- HAVE ON HAND
- 2 C warm water
- 2 C cold water
- ice (optional)

Fun-Da-Mentals Kitchen Skills

combine: to merge two or more ingredients into one mixture, like a batter of flour, eggs, and milk.

drizzle: to trickle a thin stream of a liquid ingredient, like icing or sauce, over food.

fry: to fry in a pan in a small amount of fat.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

chop: to cut something into small, rough pieces using a blade.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

zest: to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

Equipment

- Small bowl
- Cutting board + kid-safe knife
- Citrus juicer (optional)
- Liquid measuring cup
- Whisk
- Blender (or pitcher + immersion blender)
- Zester (or grater with small zesting plate/side)
- Dry measuring cups
- Large mixing bowl (2)
- Measuring spoons
- Small pot
- Wooden spoon or heat-resistant spatula

Tray or plate

Paper towels

Ingredients

Puff Puff the Nigerian Doughnuts

2 cups warm water

2 1/4 teaspoon active dry yeast, or 1 packet

1/2 C granulated sugar/honey/agave

3 1/2 cups all-purpose flour ****(for GLUTEN ALLERGY sub gluten-free flour)****

1/2 T salt

1/4 C vegetable oil

New Year's Honey-Honey Drizzle

1/3 C honey or agave syrup

1/2 lemon

Kid-Friendly "Chapman" (national drink of Nigeria)

1/2 cucumber

1/2 C granulated sugar

1 C (from 1 can) sparkling water

1 T lemon zest from 1/2 lemon

2 C cold water

1/3 C grenadine or cranberry juice (optional)

ice (optional)

Food Allergen Substitutions

Puff Puff the Nigerian Doughnuts

Gluten/Wheat: Substitute gluten-free flour for all-purpose flour in Doughnuts.

New Year's Honey-Honey Drizzle

Vegan: Substitute agave syrup for honey in Drizzle.

Kid-Friendly "Chapman" (national drink of Nigeria)

Instructions

Puff Puff the Nigerian Doughnuts

intro

As the name suggests, this is an extremely puffy, tiny doughnut. A honey glaze creates a crisp texture even if you don't achieve the ideal golden brown while frying. This Nigerian classic is so tasty, you will be making it all the time.

measure + combine

Measure and combine **2 cups warm water**, **2 1/4 teaspoons active dry yeast**, and **1/2 cup sugar** in a large mixing bowl. This will activate the yeast and make it become bubbly. Stir the mixture and allow it to sit for about 5 minutes.

measure + combine

Measure and combine **3 1/2 cups flour** and **1/2 tablespoon salt** in a separate bowl. After the yeast is frothy, add all the flour and salt to the yeast mixture and stir. The resulting mixture should be a very tacky, sticky batter.

fry + flip

Heat **1/4 cup vegetable oil** in a small pot over medium high heat. (You can use more if you prefer to deep-fry.) Place a small drop of batter into the oil. Once the batter begins to bubble, start scooping 1 tablespoon-sized scoops of batter into the hot oil. Sizzle and fry the batter until it puffs and expands, then flip the small doughnut over and cook until golden brown. Each Puff Puff will take about 5 minutes to cook.

drizzle + serve

Place the finished Puff Puff onto a paper towel-lined tray (this will absorb any excess oil and help catch any drips of the sticky sauce) and drizzle with New Year's Honey-Honey Drizzle (see recipe)!

New Year's Honey-Honey Drizzle

squeeze + whisk

In a small bowl, measure **1/3 cup of honey** and the juice from **1/2 lemon**. Whisk to combine. That's it! Drizzle this tasty glaze over Puff Puff the Nigerian Doughnuts (see recipe) or any doughnuts!

Kid-Friendly "Chapman" (national drink of Nigeria)

intro

A "Chapman" is a bitter cucumber drink that is popular in Nigeria. This kid-friendly rendition will be a blended, refreshing variation of the classic.

chop + zest

Roughly chop **1/2 cucumber** and zest **1/2 lemon** (about **1 tablespoon of zest**) and place them in the bottom of a blender (or pitcher + immersion blender).

measure + blend

Measure **1/2 cup sugar** and **2 cups cold water**, add them to the blender or pitcher, and blend everything together.

garnish + serve

Top the drink off with **1 cup of sparkling water** and add the optional **1/3 cup of grenadine** and ice. Serve!

Featured Ingredient: Flour!

Hi! I'm Flour!

"Happy Baking, Friends! I'm Flour, and I'm a VIP (Very Important Powder)! I'm really quite useful (and humble). You can use me to make breads, cakes, cookies, crackers, crumpets, doughnuts, muffins, pancakes, pasta, waffles, and more. (Which is your favorite?) I can coat vegetables and meats before frying them in oil, and you can combine me with a fat to make a roux to thicken sauces and gravies. You can even make play dough and glue with me. Can you see now why I'm a VIP?"

History

Around 8,000 to 15,000 years ago, people discovered that they could crush wheat seeds between simple grindstones to make flour.

When you grind cereal grains, beans, seeds, or roots (like cassava), they become a powder, resulting in flour. Some of the grains besides wheat that can be ground into flour are rye, buckwheat, barley, corn, oat, and rice. Other foods used to make flour are potatoes, acorns, mesquite, cassava, soybeans, garbanzo beans (or chickpeas), amaranth, and even bananas!

Flour is the primary component of bread, and bread is a staple in many countries. Therefore, sufficient amounts of flour are critical, which has caused major economic and political issues at various times throughout history.

Anatomy & Etymology

Before grains are ground into flour, they are whole pieces taken from a plant.

Each kernel of wheat consists of three parts: the coarse outer bran layer (which contains most of the fiber), the germ, and the endosperm. The endosperm stores the grain's starch, a carbohydrate that the body uses

to create energy. Other foods that contain starch are potatoes, pasta, and rice.

Whole-wheat flour is the result of grinding or milling the whole grain. It contains all three parts of the kernel—bran, endosperm, and germ.

White flour has been refined or polished and bleached to remove the bran. As a result, white flour has less fiber than whole-wheat flour and fewer nutrients, too.

The word "flour" is originally a variant of the word "flower." Both derive from the Old French "fleur" or "flour," literally "blossom," and figuratively "the finest" (of the milled grain).

How Flour is made

Flour is made in nearly every country in the world.

First, farmers plant wheat seeds, and plants begin to grow. Then, when they are ready to harvest, farmers collect them with giant machines called combines.

Combines cut, separate, and clean the wheat at the same time. The grain must be completely dry before storing, so farmers don't harvest it when it's rainy.

Then, they transfer the flour to a mill (a building where grains are ground into flour), where a miller will oversee the grinding of the wheat grain into flour.

One whole wheat grain makes over 20,000 particles of flour!

Nutrition

Flour contains protein and is a significant source of carbohydrates.

Carbohydrates are a direct source of energy for the body. Our bodies first have to make some changes to the carbohydrates, but then they are quickly converted to energy by our cells.

Fiber helps to keep our intestines happy, feeding the good bacteria in our gut. Whole-wheat, unbleached flour is an excellent source of fiber.

Whole wheat contains essential nutrients, including vitamins, minerals, healthy fats, protein, and fiber.

Organic, unbleached flour is the healthiest.

Wheat-free and gluten-free flours are vital to people who have celiac disease, wheat allergies, or gluten intolerance (or non-celiac gluten sensitivity). Varieties of gluten-free flours include those made from: almonds, amaranth, buckwheat, corn, garbanzo beans (or chickpeas), millet, quinoa, rice, sorghum, soybeans, and teff.