

Fried Dough with Maple Syrup

INGREDIENTS

- 1 cup flour
- 1 tsp baking powder
- 1 tsp granulated sugar
- ¼ tsp salt
- 1 tbsp shortening
- ½ cup milk
- 2 cups vegetable oil
- Maple syrup

Total time: 20 minutes
Active time: 10 minutes
Servings: 4

INSTRUCTIONS

1. In a large bowl, mix the flour, baking powder, sugar and salt.
2. Using a pastry blender or your hands, mix in the shortening.
3. Using a fork, stir in the milk to create a dough.
4. On a lightly floured surface, knead the dough. Divide it into four pieces.
5. Shape each piece into a circle and roll them until they are each half an inch thick.
6. Heat the oil in a 10-inch frying pan over medium-high heat.
7. Using tongs, add two pieces of dough at a time. The dough should be submerged in the oil. Cook for about 2 minutes on each side until the dough turns lightly brown.
8. Remove the fried dough carefully from the pan and drain on paper towels.
9. Repeat Steps 7 and 8 for the remaining dough.
10. Drizzle the fried dough with maple syrup. Enjoy!



Sofia and I couldn't wait to visit St. Albans for the annual Vermont Maple Festival. There are so many dishes prepared or served with maple syrup! You can have it on fried dough, with bacon, in a salad or in an egg sandwich. Fried dough with maple syrup is one of our favorite treats from Vermont. Here's the recipe that we picked up at the festival.

FRIED DOUGH

