

Loukoumades - Λουκουμάδες (loukoumades)



Deep-fried dough balls drizzled with honey and sprinkled with cinnamon.

SERVES	PREP	COOK	TOTAL	CUISINE
Serves 6	20 minutes	20 minutes	40 minutes	Greek

Ingredients

- 500 g (1 lb 2 oz) strong white bread flour
- 7 g (2¼ tsp) fast-action dried yeast
- 1 tbsp caster sugar
- 1 tsp fine sea salt
- 400 ml (14 fl oz) lukewarm water
- 1 tsp white wine vinegar
- 1 litre (1¾ pints) sunflower oil, for frying
- 150 g (5 oz) clear runny honey
- 2 tbsp warm water
- 1 tsp ground cinnamon
- 2 tbsp sesame seeds, lightly toasted, or 50 g (1¾ oz) walnuts, finely chopped



Method

1. In a large bowl, whisk together the flour, yeast, sugar and salt until evenly distributed.
2. Add the lukewarm water and white wine vinegar, then beat vigorously with a wooden spoon or spatula for 2 to 3 minutes until you have a smooth, elastic, very sticky batter with no dry patches.
3. Cover the bowl with a clean cloth and leave in a warm place for 45 to 60 minutes, until the batter is bubbly, visibly aerated and roughly doubled in volume.
4. While the batter rises, mix the honey with the warm water in a small pan over low heat for 1 to 2 minutes, just until loosened and runny; keep warm without boiling.
5. Pour the oil into a deep saucepan or fryer to a depth of at least 5 cm (2 in) and heat over medium heat to 170°C (340°F), checking with a thermometer and maintaining the temperature throughout frying.
6. Using two teaspoons lightly dipped in water, or your hands oiled very lightly, portion walnut-sized pieces of batter into the hot oil and fry in batches for 3 to 4 minutes, turning regularly, until puffed and deep golden all over.
7. Lift the loukoumades out with a slotted spoon and drain briefly on a rack or paper-lined tray while you continue frying the remaining batter, allowing the oil to return to temperature between batches.
8. Arrange the hot loukoumades on a warm serving dish, drizzle generously with the warm honey, then scatter over the cinnamon and sesame seeds or chopped walnuts while the syrup is still glossy.
9. Serve straight away, while the outsides are crisp and the centres remain tender and airy.

To serve

Pile the loukoumades high on a platter and finish with an extra thread of honey at the table. They are ideal with Greek coffee or a sweet dessert wine, and a little extra cinnamon on the side.

