



Beignets/Benyè

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This recipe was part of a “Cooking Up History” program that explored Carnival and Haitian food traditions with celebrity Haitian Chef Jouvens Jean and curator Joanne Hyppolite. Piping hot beignets, similar to doughnuts, are one of the most popular street foods during Haitian Carnival season. This recipe pairs the sweetness of ripe bananas with aromatic spices to create a delightful treat!

Beignets/Benyè

Ingredients

½ cup ripe banana, pureed (about 2 small bananas)
 1 1/3 cups all-purpose flour (sifted)
 ½ teaspoons baking soda
 ¼ cup honey
 ½ teaspoon salt
 ½ cup water
 3.5 oz granulated sugar, plus more to toss
 ½ teaspoon vanilla extract
 1 teaspoon ground cinnamon
 Oil to fry

Directions

Preheat the fryer oil to 350 degrees. Prepare a tray with paper towels for finished beignets.

In a large bowl, mix together banana puree, honey, water, sugar, vanilla extract, and cinnamon. In a separate bowl, mix the flour, salt, and baking soda together. Mix the flour mixture into the banana mixture.

Using a 1-ounce scoop or soup spoon, carefully drop mixture into hot oil, and fry until golden brown. Use a spider to turn beignets so that all sides are fried evenly. Remove from oil and allow to drain on paper towels. Toss in a bowl with sugar and serve.



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