

Sfinge Moroccan Doughnuts

Unlike traditional jam doughnuts, Sfinge are delicious Moroccan doughnuts coated in honey and sugar.

Ingredients

- 500 grams sifted plain flour
- 1-2 tablespoons caster sugar (your preference)
- 1 teaspoon of salt
- 1.5 tablespoons of yeast
- 2 cups of warm boiled water
- Sunflower / vegetable oil
- Honey and caster sugar for coating

You will need

- Large bowl with a lid or cling film
- Large clean plastic bag or tea towel to cover the bowl
- Large tray
- Large frying pan
- Slotted spoon
- Paper towel
- Serving plate



This delicious Sfinge recipe is from Leah Grim who is a resident of Yerucham – a town in southern Israel supported by JNF UK.



Recipe

Please follow our step-by-step guide below / watch Leah making the delicious Sfinge by visiting: <https://youtu.be/B3k4nXbbsHw>.

Step 1 Boil some water and leave to cool. Once your water is luke warm you are ready to make the dough by adding the sifted flour, sugar to taste, salt and yeast to the bowl.

Step 2 Add one cup of luke warm water at a time to the dry ingredients and knead to form a loose, sticky dough. If you find the dough is too dry add more water little by little until it reaches the right consistency.

Step 3 Place the lid or cover the bowl with cling film, seal it in the clean plastic bag or cover with a tea towel and leave it in a warm place to rise for 15 minutes to one-hour until it is light and airy and has at least doubled in size.

Step 4 Heat the oil in a large saucepan on a medium heat until it is hot.

Step 5 Oil your tray and your hands so the dough doesn't stick whilst you are forming your Sfinge.

Step 6 Pull off a palm-size piece of dough and form a ball with your hands. You can either leave the shape like this or create a ring by pushing a hole through the centre and stretching out the hole using your fingers. Place the ring on your oiled tray and repeat.

Step 7 Fry the Sfinge in the hot oil in small batches so you are not overcrowding the pan. Each batch should be fried in total for around 2-3 minutes until both sides are golden brown, flipping them halfway through when the underside is golden. Once cooked on both sides take out the Sfinge using a slotted spoon and place on some kitchen paper to soak up the excess oil.

Step 8 Whilst the Sfinge are still warm transfer to a serving plate, pour over the honey, sprinkle with sugar and enjoy!

