

Vegan buñuelos (doughnuts)



Consejo del chef

Once cooked, coat them with erythritol or sugar.

Raciones para 30

200g
Strong flour
1
Banana
30g
sugar or erythritol (sweetener)
1
Pinch of pink salt
15g
Fresh yeast
70g
Light olive oil
Cinnamon powder
1
Teaspoon of Vanilla extract
1
Tablespoon of lemon and orange zest
1
Teaspoon of green anise seeds

- 1 Blend or mash the banana until you get a puree.
- 2 In a bowl, mix the flour with the cinnamon, the anise (previously ground), the erythritol or sugar, and the salt.
- 3 Add the banana, vanilla, and lemon and orange zest.
- 4 Knead for a couple of minutes until you have a consistent texture.
- 5 Crumble in the fresh yeast.
- 6 When the dough becomes firm, add the oil little by little, and continue to knead it until everything is completely mixed.
- 7 Refrigerate the dough for 24 hours in a bowl covered with a cloth.
- 8 The next day, make balls of the same size from the dough and place them on a greased tray.
- 9 Let them ferment in a warm place for a couple of hours.
- 10 Fry them in a pan, or brush them with oil and bake them at 180C until golden brown (30 minutes approximately).

Chef's Notes

<https://cookinglovers.teka.com/es/receta/bunuelos-de-viento-veganos/>

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