

## Helen & Eleni Zeniou Helen's European Cuisine

### Honey Puffs

Makes:  
**Approx.  
75**



### Ingredients

- 1kg plain flour
- 1 tbspcornflour
- 1 pinch salt
- 2 tsp sugar
- 30g fresh yeast or 1 sachet dry yeast
- 1L warm water
- Oil for frying

#### Syrup:

- 2 cups sugar
- 2 cups water
- 2 tbspcornflour
- ½ lemon
- 2-4 cloves
- 1 cinnamon stick

### Method

1. Mix the flour, cornflour, salt, sugar, yeast & water until the consistency is similar to pancake mixture. Set aside and leave to rise until the mixture doubles in size (this will take at least ½ an hour to 1 hour).
2. As the dough is rising, prepare the syrup. Combine the syrup ingredients in a saucepan and bring to a boil. Simmer for 10 minutes then strain.
3. Heat oil in a large pot for deep frying. The oil must be very hot, so test it by dropping in a spoonful of dough and if it starts to sizzle, the oil is ready.
4. Fill a cup with oil and dip the spoon in each time before making contact with the sticky dough and drop it into the oil. Place as many in the pot that will fit and fry until golden brown.
5. Place the honey puffs in a strainer on top of a bowl to drain the oil. Dip the honey puffs in the syrup for a few seconds and place in another strainer.
6. Decorate the honey puffs with cinnamon powder, chopped almonds or walnuts.