

Yield: 24

Homemade Fastnachts

These pillowy soft fried dough balls are a delicious way to kick off the **Easter season**.

Prep Time

45 minutes

Cook Time

15 minutes

Additional Time

3 hours 30 minutes

Total Time

4 hours 30 minutes



Ingredients

- 2 cups milk
- 1 cup mashed potatoes (no salt, milk, or butter added)
- ½ cup sugar + ½ tsp. sugar
- 1 stick butter, melted
- 1 packet rapid rise yeast
- ¼ cup lukewarm water
- 6½ cups flour (divided, 2 cups + 4½ cups)
- 1 egg
- 1 can (3 pounds) Crisco® or similar vegetable shortening for frying

Instructions

1. [Scald the milk](#).
2. In a large mixing bowl, combine the scalded milk with the mashed potatoes.
3. Add ½ cup sugar plus the butter.
4. Mix with an electric mixer. If the mixture is still warm, cool to about room temperature before proceeding with the next step.
5. Dissolve the yeast and ½ teaspoon sugar in barely warm water.
6. Add to the potato mixture and mix well. Add 2 cups flour and mix again.
7. Cover with a towel and let rise for 25 minutes.
8. Add the beaten egg to the mixture.
9. Add 4 ½ cups flour, stirring it into the mixture with a large spoon. Turn onto a well-floured board

and knead for about 3 to 5 minutes. Add a small amount of extra flour if necessary so the dough can be handled without sticking to your fingers. Grease a large bowl.

10. Place the dough in the greased bowl. Cover with a thin towel, and let rise in a warm, draft-free place for about 2 hours or until it is at least double in size.
11. On a lightly floured surface, roll the dough $\frac{3}{4}$ " thick. You can use a doughnut cutter to cut the dough or cut as typical Fastnachts.
12. Cut the dough into 3" to 4" wide strips, then cut the strips into 3" to 4" pieces.
13. To allow the center of Fastnacht to fry completely, cut a small slit in the center of each piece, using a sharp paring knife.
14. Arrange the pieces of dough, about 1- $\frac{1}{2}$ " to 2" apart, on large wax paper-lined trays.
15. Cover each tray with a thin towel.
16. Place the trays in a warm place for 45 minutes to an hour, or until the dough pieces have raised to about double in size.

How to fry Fastnachts

1. Heat the shortening to 365°. (a high temp thermometer works wonders here)
2. Deep fry until both sides are golden brown, turning one time. ***** **THIS IS AN ADULT ONLY JOB!!*******
3. Drain on paper towels.
4. Cool completely before serving.

Notes

don't have a potato in the house? Use potato flakes as a substitute. Just be sure to reconstitute them!

Nutrition Information: Yield: 24 Serving Size: 1

Amount Per Serving: Calories: 203 Total Fat: 6g Saturated Fat: 3g Trans Fat: 0g

Unsaturated Fat: 2g Cholesterol: 20mg Sodium: 74mg Carbohydrates: 33g Fiber: 1g Sugar: 4g

Protein: 5g

Nutritional facts are just estimates. Please utilize your own brand nutritional values to double check against our estimates.

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Cuisine: German / **Category:** Breakfast Recipes

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