

DOUGHBOYS

Makes 12 to 16.

By Dennis W. Viau; modified from several recipes.

Doughboys are fried bread dough, usually dusted with granulated sugar or powdered (confectioners') sugar before serving. The name *Doughboys* is typically found only in Rhode Island, but they are known throughout the world by different names. Some people call them *fry bread*. They are like doughnuts—simple, sweet, delicious, and not the healthiest food you might eat.



Ingredients:

1 cup (240ml) warm water (about 110°F / 43°C)
1 package yeast (or 1 scant tablespoon), instant or active dry
1 teaspoon sugar
Optional: 1 to 5 additional tablespoons sugar
2 tablespoons melted butter, canola oil, or similar fat
2 cups (10 ounces / 280g) all-purpose flour, plus more as needed
1 teaspoon salt
Oil for frying — about 1 cup (240ml)
Confectioners' sugar or granulated sugar for dusting
Optional: 1 teaspoon cinnamon

Directions:

In a large bowl, mix the warm water and yeast. Add the sugar (or the optional 1 to 5 tablespoons sugar for sweet doughboys), about half the flour, and melted butter. (The butter shouldn't be hot, which would kill the yeast; just melted and warm.) Mix well. Allow to rest 5 to 10 minutes to activate the yeast.

Add the remaining flour with the salt. Stir to make a dough. Add more flour, a little at a time, if necessary to make a soft dough that is slightly sticky. You might need more than 2 cups total.

Transfer the dough to a clean surface and knead until smooth, about 5 minutes. The dough should be soft, moist, and slightly sticky.

Use immediately, or place in a greased bowl and let rise until doubled, about 1 hour.

Divide the dough in half and shape each half into a flat round, lightly dusting with flour to prevent sticking. Cut each round into six or eight pieces.

Heat the oil to about 375°F (190°C) in a large, heavy skillet. Fry dough boys quickly until lightly browned on both sides, 1 to 2 minutes per side. Adjust the flame to maintain the oil temperature at 375°.

Transfer the cooked doughboys to a plate lined with paper towels. When drained, sprinkle with sugar for serving. Optional: You can combine the sugar with a little cinnamon before dusting the doughboys.

The step-by-step photos were removed. See the video for the preparation.