



Blue Willow Kitchen

Polish Faworki

Ingredients:

2 eggs plus 4 egg yolks
1/4 cup butter, melted and cooled
1 and 1/2 oz. vodka or rum
2 cups flour, plus more for kneading and shaping
1/2 t. salt
1/2 cup confectioner's sugar plus more for dusting

1 lb. lard
1 lb. Crisco



Directions:

Measure out the flour, sugar, and salt into a medium bowl, whisk together to blend and set aside.

In a food processor fitted with a dough blade, pulse together the eggs and liquor until well blended, about 2 minutes. Then add the butter, and blend for another 2 minutes.

Add in the dry ingredients, and pulse until a well combined. The dough will be very sticky.

Turn out the dough onto a well-floured surface and knead until smooth, incorporating more flour into the dough until it is not sticky, for about 10 minutes. Beat the dough vigorously with a rolling pin until you see bubbles or blisters form. (Stress relief) Form the dough into a ball and let it rest uncovered



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for 10-15 minutes. The dough may not be perfectly smooth on the outside, but after it rests for it will be smooth on the inside.

Divide dough into eighths. Form the divided dough pieces into flat disks, flouring very lightly. Using a pasta roller machine, roll out the disks of dough, and fold into thirds, running it through the machine at the widest setting (usually a “10”) again open end first. The goal is to have a rectangle shaped piece of dough. Repeat as needed, folding in half or in thirds, and running through the wide setting of the pasta roller until the dough is in the desired rectangular shape. Repeat with the other sections of dough.

Run all of the sections of dough through the pasta machine. Allow the dough to rest on a lightly floured surface, before turning the pasta roller down to the next smallest setting. Repeat at the next setting until all of the dough has been run through the “1” setting. Stop and allow the sheets of dough to rest on the counter for 5 minutes.

Using a pizza cutter, cut the dough sheets into 1 inch strips at a sharp angle (the sharper the angle, the longer the strips). Then cut a two inch slit down the middle of each strip of dough. Pull one end of the dough through the slit, forming a twist, and lay flat back on the lightly floured counter. It is very important to have all of the dough made, cut, twisted, and rested before frying.

Bring the lard and Crisco to 350 degrees F in an enameled cast iron pot. Use a thermometer to monitor the oil temperature. In batches of 4 or 5 strips of dough at a time, fry the dough for 30 seconds, use a skewer to flip them all, then fry for another 15 to 20 seconds until they just begin to turn from white to a tan color. Remove from oil and let drain on a cookie sheet lined with paper towels.

Allow the oil to recover back to a 350 degrees F. between batches! Doing too many batches in succession can lower the oil temperature and make for a weakly-fried Faworki.

Dust the Faworki generously with powdered sugar. Best served the same day. Faworki tend to absorb moisture in the air and do not keep well overnight.