Bread & baking / Kyrgyzstan

Boorsok

Kyrgyz fried dough diamonds, hollow inside, for tea and the dastarkhan.

Time 120 min **Servings** 10

What you'll need.

- ☐ 700 g Flour
- ☐ 350 ml Warm milk
- ☐ 10 g Dry yeast
- ☐ 40 g Sugar
- ☐ 1 piece Egg
- ☐ 60 g Butter
- ☐ 900 ml Oil for frying
- ☐ 1 tbsp Salt

Let's make it.

01 Dissolve the yeast with the sugar in the warm milk and leave it fifteen minutes, until it foams.

02 Knead a soft dough from the flour, sponge, egg, melted butter and salt.

03 Let it rise somewhere warm for an hour, until doubled.

04 Knock the dough back and roll it out to exactly a centimetre thick.

05 Cut it into four-centimetre diamonds and let them rest twenty minutes.

06 Heat the oil to 180 °C and lower the diamonds in in small batches.

07 Fry them a minute and a half a side, turning with a slotted spoon, to golden puffs.

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