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## Preparation of puff puff

Puff puff is a deep-fried dough. They are made from yeast dough, shaped into balls and deep-fried until golden brown. It has a doughnut-like texture but slightly more chewy. It is a very common snack eaten by so many countries but with different names and a little bit of variation in the mode of preparation. Nigerian Puff puff Recipe For West Africans, puff puff needs no introduction. It is a quick and easy recipe with a few low-cost ingredients but don't underestimate how delicious it is because of its simplicity. Very few people can resist their allure. Puff puff is an African classic, usually sold in street-side shops. While working on this recipe, I unearthed some childhood memories that I'd completely forgotten about. When I was in middle school I use all my lunch money to buy puff puff, Buns, Meat pie, and doughnuts.. I know there is so much nostalgia associated with the sight and smell of puff puff snack, and I am hoping that, with this recipe, your memories will re-surface and make you smile as well. ☺ How to make puff puff Proof the yeast: Both instant yeast or active yeast will work perfectly for this recipe. If you are using instant yeast, you can skip proofing the yeast. If using active yeast, it's advisable to proof the yeast. Make the batter: Combine the dry ingredients with the wet ingredients and mix well. Leave to proof: The batter needs to proof in a warm place for about an hour. A little more or less or till the batter rises about twice or thrice it's original size. Fry: Be sure to let your oil get hot before frying the puff puff. If the oil is not hot enough, the resulting puff puff will soak up the oil. You don't want that. We also have other variations of puff puff like the spicy puff puff, plantain puff puff, and Banana Puff puff. Watch how to make it: Tips to help you achieve the best puff puff ever You almost cannot go wrong making this if the instructions are properly followed. However, there are some things you have to put into consideration in order to achieve the desired light, airy, and slightly chewy result. Here are some helpful tips: Mix the batter very well. It is very important to do this so that the gluten can be well-formed. Give the batter enough time to rest it to rest in a warm place. The batter should rise about thrice of it's original size and the resulting batter should turn out spongy. Be generous with the use of oil and use a deep pan for well-rounded puff puff balls. Deep frying can be a little messy but the result is worth the cleanup. It can be eaten as is and you can also dust them with some sugar for a sweeter treat. These are really delicious, though not the healthiest of snacks but they sure taste good! For those of you seeing these for the first time, puff puff is often eaten as a snack just the way it is, you can also sprinkle some granulated or confectioners sugar over it for a double load of sweetness. It can also b enjoyed with the African spicy sauce. It is also called Bofrot in Ghana. There is a similar recipe in East and South Africa called Mandazi (fried dough). In French Beignet, in Italy Zeppole just to mention a few. Other African snacks you might want to try: 2 cups flour1¼ cups Water2 Teaspoons Yeast1 Teaspoon Nutmeg½ Teaspoon Salt¼ Cup Sugar + 1 teaspoon sugar for proofing the yeastEnough Oil for deep frying Mix half of a cup of warm water, 1 teaspoon of sugar and the yeast in a bowl. Cover with a lid and set aside until the yeast becomes bubbly. About 4-6 minutes.In another bowl, mix the dry ingredients - Flour, Sugar, Salt, and Nutmeg.Pour the proofed yeast and the remaining one cup water together with the dry ingredients and mix until the batter is lump-free.Cover the dough and allow it to rise for 1 hour. (The risen dough has a distinct sweet smell, which will make you know the dough is ready for frying)Preheat the oil in a pan deep and wide enough to accomodate the puff puff balls (about 360°F) and scoop a little bit of dough and drop the batter by spoonfuls into the oil.Fry both sides until golden brown. If you are finding it hard to turn the puff puff while frying you can just press down the balls a little bit with your frying spoon before turning it.Remove from heat. Drain on a paper towel and enjoy while still hot or warm. Though adding Nutmeg to this recipe is very optional. I really like the subtle flavor it gives the Puff puff so it's advisable you add it. The hand works well when mixing the dough but you can use the mixer just don't over mix. You can also use an Ice cream scoop to drop the dough inside the Oil. If your oil is too hot the Puff puff will get burnt before its done and if its not hot enough its going to absorb the Oil leaving the Puff puff Greasy and Soggy Try to use a deep fryer or a heavy bottom Pan A non stick Pan works best for me! Calories: 138kcal | Carbohydrates: 21g | Protein: 3g | Fat: 5g | Saturated Fat: 4g | Sodium: 101mg | Potassium: 41mg | Fiber: 1g | Sugar: 4g | Calcium: 5mg | Iron: 1mg Let's Connect. You can find me on Facebook, and Instagram. I love keeping in touch with all of you! If you make this Puff Puff recipe, I'd love to see pictures of your creations on Instagram or Facebook. #chefolaskitchen 1 ½ cups/360 milliliters warm water or whole milk (110 degrees) 4 teaspoons/15 grams active dry yeast ½ cup/135 grams granulated sugar 3 cups/385 grams all-purpose flour 1 tablespoon/10 grams kosher salt ½ teaspoon grated nutmeg 3 to 4 cups canola oil or other neutral oil, for frying ½ cup/100 grams granulated sugar ½ teaspoon freshly grated nutmeg ¼ teaspoon ground allspice Pinch of ground cloves In a small bowl, whisk together the warm water, yeast and 1 tablespoon sugar. Let sit until foamy, 8 to 10 minutes. In a separate bowl, combine the flour, salt, nutmeg and the remaining sugar. Make a well in the center and pour in the yeast mixture once it's foamy. Combine, stirring with a wooden spoon, to incorporate all the ingredients into a smooth batter. The batter should be wet and slightly loose, similar to a yeasted waffle batter. Cover the bowl with a clean kitchen towel, and allow dough to double in size, about 40 minutes. Meanwhile, prepare the spiced sugar: In a medium bowl, toss the sugar, nutmeg, allspice and cloves to combine; set aside. Pour 1 inch of oil into a large, deep skillet. Line a baking sheet with a rack or paper towels to absorb excess oil. Once the batter has doubled in size, heat the oil over medium-high to 350 degrees. Drop tablespoonfuls of batter into the hot oil, working in batches to avoid crowding the skillet. Fry the puff puff, turning frequently until golden brown all over and cooked through, 5 to 6 minutes per batch. (Be careful not to let the oil get too hot or the exteriors will become overly dark before the interiors are cooked through.) Move the puff puff to the rack or paper towels to drain and repeat the process until all the batter has been fried. Toss the puff puff in the spiced sugar to coat while still warm. Enjoy warm or at room temperature. Granulated sugar (adjust to taste) Steps Mix warm water and yeast, set aside for some minutes. If it turns frothy, the yeast is still very active Add the flour, sugar, tested yeast, mix with warm water to form a not too watery paste and set aside for 30minutes to rise After 30minutes you notice air bubbles forming on top of the risen puff puff mixture. It's ready for frying Add oil to the deep fryer or pot to heat very well. Use your hand to mix the puff puff mixture evenly and cut in the oil in tiny balls. 日本 Español English Indonesia العربية Việt Nam 日本語 ... Copyright © Cookpad Inc. All Rights Reserved Feedback Jump to Recipe Jump to Video Print Recipe This Nigerian Puff Puff with Pepper recipe will change your life! Puff puffs are a popular Nigerian snack that's similar to doughnuts. Made with yeast, nut flour, and pepper, they're fun to make and eat! What are Nigerian Puff Puff with Pepper? This scrumptious snack recipe is just what everyone craves. It's a peppery fried batter with a sweet center. We hope that these homemade puff puffs satisfy your craving as much as they satisfy ours! Puff puff are fried balls of dough that are a popular snack in Nigeria. They're a soft finger food with a golden crust and a sweet interior. Like any fried snack, they're not exactly the picture of health. However, these are a delicious treat to make every once in a while. My family certainly doesn't eat puff puff every day. But, when we do get to treat ourselves, that just makes them more satisfying! Making this tender fried snack is easier than you think. And the end result is as puffy, soft and sweet as you can imagine. Here are the simple steps to making Nigerian puff puff with pepper at home: Start with The Puff Puff Batter First, you'll start with warm (but not hot!) water in a mixing bowl. If the water is too hot, it can kill the yeast. And we want that yeast to be as active as possible to make these really puff! Next, add salt, sugar, and active dry yeast to the water in the bowl. Then whisk these ingredients together so the yeast is dissolved. Let everything sit for 5 minutes. This allows the yeast to activate. You should see some bubbles forming on the surface of the water. That's a good sign--your east is alive and hungry! After you have activated the yeast, it's time to make the batter. First, add flour, a bit of nutmeg, and the pepper to the mixing bowl. Stir everything together until just combined. Be careful not to overmix the dough here, as it can result in tough puff puff, and no one wants that! At this point, your puff puff batter should look a lot like pancake batter. Put the mixture aside to rest with a clean cloth over the top of the bowl. The batter should rise for 1-2 hours. Keep it in a warm place for the most active rise. Frying Nigerian Puff Puff at Home When the batter is nearly finished rising, it's time to prepare to fry the puff puff. Start by creating a landing pad for the finished snacks. Lay some paper towels in a bowl and keep it nearby. Meanwhile, heat up some vegetable oil in a deep pot. You should have enough oil that it will cover all of the puff puffs that you add to it. When it's time to start cooking, use one hand to scoop a ½ handful of the puff puff batter mixture and squeeze it gently into the heated oil. You don't want to drop the dough ball from too far away, as it can cause the oil to splatter. Add only as many as will comfortably fit in the pot without sticking together or bumping into each other. Fry the puff puff with pepper until brown all sides, using a spoon to roll the balls around for even cooking. Finally, use a slotted spoon to remove the fried puff puff to the paper towel-lined bowl. Repeat with the remaining puff puff batter. And last but not least, enjoy your beautiful bowl of freshly fried puff puff with pepper. Making Fried Foods Healthy Just because this recipe fries dough in order to achieve that crispy, flaky texture doesn't mean it's bad for you! In fact, at Sims Home Kitchen, we like to come up with the healthiest ways to fry foods. That way, you can enjoy your favourite crunchy meal without worrying about betraying your diet. One thing you can do to make the frying process a bit healthier is to use olive oil, which has less fat than corn oil. However, olive oil does have a strong flavor and will change the taste of the puff puff. The next best thing is to replace your wheat flour with a gluten-free option. Many people have an intolerance to gluten as it is, so this replacement would probably serve more than a few benefits. You can still follow the recipe below in the same easy and fun way, and you'll enjoy delicious puff puffs within minutes! Wait! My Puff Puff is Too Dense! Troubleshooting Homemade Puff Puff If your puff puffs come out too hard or chewy, don't worry. There are easy ways to troubleshoot a dense puff puff. First, add a couple of tablespoons of water to the batter. Secondly, you might just be frying the dough for too long. Try taking the balls out a minute or so earlier. Finally, try cutting back on the salt to keep your puff puffs moist and flaky. What to Serve with Puff Puff with Pepper I love to serve these sweet and savory Nigerian snacks with other favorite west African dishes. Here are some tasty pairings for puff puff: More Delicious Nigerian Recipes Thanks for reading this recipe, comment below if you made this, and let me know how it went! Follow @simshomekitchen on Instagram, take a photo, tag and hashtag it with @simshomekitchen. Stay connected and follow me for more recipes on Facebook, Pinterest, and Instagram for all of my latest recipes! Nigerian Puff Puff is a yeast based small chop. This tasty recipe is usually enjoyed in parties and of course in most Nigerian homes.The ingredient I used for this recipe will give a yummy puff puff you will always love and want to make.Unlike the Nigerian buns made with baking powder, Nigerian puff puff is usually soft and made with yeast.In my recipe, I used the combination of baking powder and yeast to have smooth puff puff. Only yeast can also be used, it all depends on choice.The Nigerian puff puff is very similar to the Nigerian doughnut because they share just the same ingredients with slight difference in the quantity of water added.Nigerian puff puff needs more quantity of water than the Nigerian doughnut, which makes puff puff softer than doughnut and most Nigerian Snacks.Like the Nigerian Puff puff, there are other small chops and finger foods served in parties such as peppered meat, peppered snail, peppered gizzard, peppered cow liver, samosas, spring roll and the rest of them.Continue reading as I unleash my puff puff ingredients and the method of preparation I used.To make the Nigerian puff puff used,4 leveled cups all-purpose flour2 leveled tablespoons yeast1 leveled teaspoon baking powder150ml lukewarm liquid milk250ml lukewarm water2 medium eggs½ teaspoon grated nutmeg2 tablespoonful granulated sugar or to taste1 teaspoon salt or to tasteEnough vegetable oil for deep frying.PreparationPut the liquid milk in an empty dry plate, add yeast and mix, no worries if it doesn't dissolve completely, then set aside.Break in the eggs into a separate dry plate and whisk, set aside.Sift the flour into an empty dry bowl, add baking powder, sugar, salt and mix together.Add the egg, yeast and milk mixture into the sifted flour, mix, add water and continue to mix for about 15 -20 minutes until you get a stretchy and sticky dough or batter. (watch the video below to see consistency)Cover the dough with towel or foil for an hour to double in size.Add the grated nutmeg, deflate and mix the dough.Note: There are other methods of making puff puff. You can dissolve the yeast in ordinary water. You can as well add the yeast directly to the flour if you are sure of the efficacy of the yeast.Frying ProcedurePut enough oil in a clean dry pot and heat up on medium heat until hot.Add the add the dough and don't over crowd.Fry on both sides until golden brown.It's ready!Serve hot with tea or any soft drink of choice.Hope you enjoyed reading the post? Don't forget to share with your family and friends.Watch the practical video on how to make the Nigerian puff puff.Have a great day!Ada.

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