



sharing our Greek culinary heritage

Evyenia's Loukoumades

For the loukoumades

700g self-raising flour
1 teaspoon salt
1 heaped teaspoon bicarbonate of soda
1 heaped teaspoon baking powder
Half a lemon
750ml tepid water
Canola oil for frying

For the dressing

2 cups walnuts, crushed
Ground cinnamon
Honey

Preparing the batter

Sift and combine the flour, bicarbonate of soda and baking powder. Add the salt and the juice of half a lemon. Slowly add the water, while simultaneously folding in the flour with a whisk. Continue to gently whisk the batter until it has a smooth consistency. You know the batter is the right consistency when you take a handful of the batter, squeeze it through the opening created by your thumb and index finger when you clench your hand, and it forms a small ball that can readily be scooped up by a soup spoon.

Frying the loukoumades

Pour canola oil into a large, deep fry-pan to a depth of 10-12cm. Heat the oil over a medium-high flame. You know the oil is ready for frying when you drop batter into it and the batter immediately rises to the surface of the oil.

Once the oil is ready, take a soup spoon and dip it into hot water. Take a handful of the batter and immediately clench your hand to create an opening between your thumb and index finger. Squeeze the batter through this opening to create a ball of batter. Scoop the ball of batter onto the soup spoon, making sure the batter doesn't reach the opposite edge of the spoon (this will make the transfer of the batter to the oil easier). Drop the batter from the spoon into the hot oil.

To prevent the batter sticking to the spoon, dip the spoon into the hot water between each scoop of batter (similar to scooping ice-cream). Repeat until the fry-pan has been filled to capacity.

Continuously stir the loukoumades with a strainer to make sure they brown evenly. If the loukoumades attach to each other, just tap them gently with the strainer and detach them.

Continue to fry the loukoumades until they have browned on both sides. This usually takes about 5-6 minutes.

When the loukoumades are golden brown, remove them and place them in a colander lined with absorbent paper to drain. Once they've drained, check if they are firm to the touch. If they are, transfer them to a platter to cool. If they are still soft, pop them back in the oil to fry up a little longer.

Continue until all the batter has been used.

Dressing the loukoumades

You must allow the loukoumades to cool for an hour or so, before you can dress them. If they are too hot the honey will run off them and the cinnamon and nuts will not stick to them.

Sprinkle some of the walnuts onto the bottom of a large, shallow bowl. Add a layer of loukoumades. Drizzle honey over the loukoumades. Sprinkle walnuts and cinnamon on the loukoumades. Add another layer of loukoumades and dress them again with honey, walnuts and cinnamon. Continue until all of the loukoumades have been dressed.

For some extra sweetness, Evyenia suggested you add sugar to the cinnamon.

Serving the loukoumades

Serve and enjoy!

Recipe makes approximately 50 pieces.