

Fried dough

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Fried dough is a North American food associated with outdoor food stands in carnivals, amusement parks, fairs, rodeos, and seaside resorts (though it can be made at home). *Fried dough* is the specific name for a particular variety of fried bread made of a yeast dough; see the accompanying images for an example of use on carnival-booth signs. Fried dough is also known as **fry dough**, **fry bread**, **fried bread**, **doughboys**, **elephant ears**, **scones**, **pizza fritte**, **frying saucers**, and **buñuelos** (in the case of smaller pieces). These foods are virtually identical to each other, and recognizably different from other fried dough foods such as doughnuts, beignets, or fritters.

In Canada, pieces of fried dough are sometimes called beaver tails. According to Bill Castleman, a writer of books on Canadian word origins, the name referred to quick-baked dough "especially in early 19th-century places where people might camp for one night and where there was no frying pan."^{[1][2]} In 1978, Pam & Grant Hooker of Ottawa, Ontario founded the BeaverTails chain of restaurants specializing in the sale of fried dough pastries which are hand stretched to the shape of a beaver's tail.

In Newfoundland, a province in Eastern Canada, fried dough is referred to as a "Touton". A touton /'tɑʊtən is produced by frying bread dough on a pan with butter or the leftover fat from "scrunchions" (fried preserved pork) and served with dark molasses, maple syrup, or corn syrup. It is traditionally made from leftover bread dough and pan-fried, as opposed to deep-fried.

A smaller Italian variant common in North America is the *zeppole*.

Similar food is found in Europe, also typically from outdoor stands in fairs. For example, in Croatia fried dough is known as *languši*, in Hungary as *lángos*, in Austria as *kiachl*, in Germany as *Knieküchle* while the *oliebol* is eaten in the Netherlands.

Fried dough



Various fried dough toppings

Alternative names	fry dough fry bread fried bread doughboys elephant ears scones flying saucers buñuelos pizza fritte beaver tails
Course	Breakfast, dessert, or snack
Place of origin	Canada
Serving temperature	Warm
Main ingredients	Yeast dough
Variations	zeppole and others

 Cookbook: Fried dough  Media: Fried dough

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Preparation

Fried dough is made by deep-frying a portion of risen yeast dough. The dough acquires an irregular, bubbly appearance from being fried.

The dough may then be sprinkled with a variety of toppings, such as granulated sugar, powdered sugar, cinnamon, fruit sauce, chocolate sauce, cheese, maple syrup, whipped cream, tomato sauce, garlic butter, lemon juice, honey, butter, nuts, or a combination of these.



Fried Dough Stand - New England



Stretching Dough
To Be Fried



Mixing Dough To
Be Fried



Various Fried Dough Toppings



Fried Dough
Sugar Table
Where Toppings
Are Added



Plating Fried Dough



Frying
Fried
Dough

Frying
Fried
Dough -
Uncooked

See also

- Beignet
- Fried dough foods
- Frybread, a food of Native Americans
- Youtiao
- Funnel cake
- List of deep fried foods
- Zeppole

References

1. Bill Castleman. "Canadian Food Words". Retrieved 2006-12-17.
2. Russell Frank (1898) Explorations in the Far North (<https://books.google.com/books?id=iEwlAAAAMAAJ&dq=Explorations%20in%20the%20Far%20North&pg=PA39>) University of Iowa. p. 39.

External links

- St. Petersburg (Florida) Times article (<https://web.archive.org/web/20041010114105/http://www.sptimes.com/2002/02/13/Taste/dish.shtml>), Distinction between funnel cakes and elephant ears



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Categories: American desserts | Deep fried foods | Canadian cuisine

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