

KITI'S HUNGARIN FRIED BREAD – LANGOS



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Die ding het 'n storie. Ek het dit jare terug op 'n fete geëet. Toe Saterdag op ons local skou, is daar 'n Hongaarse omie wat dit maak. Toe koop ek weer een. En toe soek ek 'n resep want ek wou probeer in vetkoek verander. Die deeg self is sagter om mee te werk, en is nie so "taai" soos vetkoek as dit gebak is nie.

1 large potato, freshly boiled, peeled, mashed and kept warm (don't use leftover mashed potatoes)

12.5 ml instant yeast

5 ml sugar

1 3/4 cups (245 g) all-purpose flour

15 ml vegetable oil

5 ml teaspoon salt

125 ml milk

2 cloves garlic, cut in half

Celery salt

Ensure there are no lumps in your mash. Place freshly mashed warm potatoes, yeast, sugar, flour, oil, salt, and milk into a medium mixing bowl or stand mixer and combine until well

moistened.

Switch to the dough hook and knead for 5 minutes or until smooth and elastic. Transfer to a greased bowl, cover and let rise until doubled. (I kneaded by hand, very easy). Divide dough into 8 equal portions. Shape each piece into a smooth ball and place on a lightly floured board. Cover and let rest 20 minutes.

In a large skillet, heat 1-inch canola oil to 180°C. Flatten and stretch each dough ball to really flat. Make 1 or more slits in the centre of the stretched dough. This is traditional and helps to keep the dough from puffing up in the middle and not frying properly. (for vetkoek do not stretch or cut, keep dough about 1 cm thick.

Fry one langos at a time about 2 minutes per side or until golden. Drain on paper towels. (VERY important, otherwise it can be too oily.

Serve hot rubbed with a cut garlic clove and sprinkled with salt (or celery salt). Do not omit the sprinkle of salt, it elevates the lango to superior. Add sour cream and grated cheddar on top if wished.

Or omit garlic and sprinkle with cinnamon sugar.

Or serve with mince, like Vetkoek.

Recipe posted and photo: Kiti Citi