Fried Dough Dough

BREADS & DOUGHS

YIELD	ACTIVE	TOTAL	PER SERVING
10 pieces, ≈88 g each	≈25 min	≈2 h	193 kcal · 385 mg Na · 7 g protein

EQUIPMENT
Large bowl · Bench scraper · Half sheet pan

#	INGREDIENT	MASS	VOLUME	PROCEDURE
1	Water, *lukewarm*	355 g	1½ cups	In the large bowl, stir the yeast and sugar into the lukewarm water until dissolved. Stir in the olive oil.
	Instant yeast	12 g	1 tbsp	
	Granulated sugar	13 g	1 tbsp	
	Olive oil	9 g	2 tsp	
2	Flour, all-purpose	480 g	4 cups	Add the flour and salt to the water. Stir with a spatula until no dry flour is left. It will be a sticky, shaggy ball. Cover and rest 15 min.
	Kosher salt, Morton	9.6 g	2 tsp	
3	Olive oil, *for the dough and pan*		a little	With a wet hand, pull an edge of the dough up and fold it into the middle; turn the bowl and repeat all the way around, ≈30 s. Cover. Repeat every 15 min, 3 rounds in all. Then rub a little olive oil over it, cover, and let rise until doubled, 30–45 min.
4				Brush the sheet pan with olive oil. Turn the dough onto the counter, divide it into 10 pieces with the bench scraper (≈88 g each), and roll each into a ball. Set them on the pan a few inches apart, oil the tops lightly, cover loosely, and let rise until puffy, ≈25 min. Heat the frying oil now.
5				Gently stretch each ball into a ≈8 in round, thinner in the middle; a lopsided shape is fine. If it springs back, let it rest 5 min and stretch again. Fry and top as on the **Grammy's Fried Dough** card.

NUTRITION	MASS	CALORIES	SODIUM MG	PROTEIN G
Instant yeast	12 g	39	6	5
Granulated sugar	13 g	50	0	—
Olive oil	9 g	80	0	—
Flour, all-purpose	480 g	1,760	—	64
Kosher salt, Morton	9.6 g	—	3,840	—
Total		**1,929**	**3,846**	**69**
Per serving (1/10)		**193**	**385**	**7**

Nutrition: USDA FoodData Central: Branded Foods labels (King Arthur All-Purpose, Morton) and SR Legacy (yeast, counted as active dry; sugar; olive oil). Per piece, before frying: frying oil and toppings not counted. Water and the oil for the dough and pan not counted.

NOTES

- Make ahead: refrigerate the covered balls up to 1½ days; let them soften at room temp, ≈30–60 min (our estimate). One batch ≈ 2 Rhodes loaves.
- Flour is her 3½ cups plus the ½ cup she adds if sticky; 3½ cups at 120 g would be too wet to stretch. Folds replace her 5 min knead. She fries at 375 °F (191 °C), ≈1 min a side, to deep golden.

Source: Chef Jamie Roraback, NBC Connecticut (Country Fair Fried Dough), adapted