

Bimuelos with Honey-Orange Drizzle

A Sephardic Chanukah Treat

INGREDIENTS

2 Tablespoons vegetable oil
1 Tablespoon active dry yeast
1 1/2 cups warm water, divided
juice of 1 large orange, strained of pulp
(about 1/3 cup), divided
1 teaspoon finely grated orange zest
3/4 teaspoon salt
1 Tablespoon plus 1 teaspoon sugar
1 cup honey
3 1/2 cups allpurpose flour
Oil for deep frying

(Adapted from *The World of Jewish Desserts*
by Gil Marks, 2000 Simon & Schuster)

PREPARATION

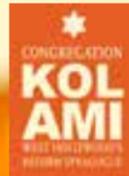
Combine flour, 1 tablespoon sugar and salt in a large bowl. Reserve. Pour 1/2 cup water into a large bowl. Sprinkle sugar and yeast over water and wait until mixture become foamy, about 10 minutes. Add flour mixture, remaining water, 3 tablespoons orange juice, orange zest, and 2 tablespoons oil to yeast mixture and stir with a wooden spoon to combine, about 30 seconds.

Using your hands, knead dough in bowl until smooth, adding 1 tablespoon of additional flour at a time to reduce stickiness, for about 1-2 minutes. Remove dough and place in a clean, lightly oiled bowl. Cover with a clean kitchen towel and let rest until dough has doubled in volume, about 1 to 1 1/2 hours.

Heat about 4 inches of oil in a large, tall pot to about 350-360F (very hot but not smoking, or when a pea-sized piece of dough turns brown immediately when dropped into oil). Lightly oil hands, form dough into walnut-sized balls, and drop into oil in batches. Fry until golden brown on both sides, about 3-4 minutes total. Remove with a slotted spoon and drain on paper towels.

Place honey and remaining orange juice in a small saucepan and simmer 3-4 minutes until warm.

Drizzle honey over doughnuts and serve.



Sephardic Jews call them Bimuelos, Buñuelos or Bumuelos. But whatever you call them they are delicious! Different than Israeli Sufganiot, these fry breads or friters are drizzled with orange honey will have you celebrating Chanukah with joy! There are even connection in Jewish writings between the manna the Israelites ate in the desert and these delicious morsels. According to the first Ladino translation of the Torah printed in Hebrew characters and published in Istanbul in 1547 and subsequently in Ferrara during 1553, the manna, which God provided to the children of Israel, tasted like bunuelo in honey.