

CHINESE BREAD TWIST (麻花捲)

(YIELD: 20)

INGREDIENTS:

1. 2 cups of all purpose flour
2. 2 eggs
3. 5 tablespoon of sugar
4. a pinch of salt
5. 1 teaspoon of baking powder
6. 2-3 teaspoon of water
7. black sesame

PREPARATION

1. Sift through the flour, and then add the rest of the ingredients.
2. Knead then let it rise for 20 minutes (use plastic wrap to maintain the moisture).
3. 將麵團擀成長方形薄片, 切寬約 3~5 公分之長條, 並扭成麻花狀 (要薄一點才會脆).
4. 入油鍋炸約五分鐘即可盛出.