



Grain-Free French Crullers

Gluten-Free, Grain-Free, Nut-Free, Paleo

Ingredients

- 1 cup water
- 1/2 cup butter or ghee
- 2 teaspoons maple sugar
- 1/2 teaspoon salt
- 1 cup [Otto's Natural - Cassava Flour](#), sifted
- 4 large eggs, room temperature

For Glaze

- 1 ½ cups organic powdered sugar (or maple powdered sugar)
- 3-4 Tablespoons water

For Frying

- Avocado oil

Instructions

1. In a 5-quart Dutch oven, begin warming avocado oil over low heat while dough is being prepped. You'll want it at 350-375°F.
2. In a 3-quart saucepan, add water, butter, maple sugar and salt. Bring to a rapid boil, remove from heat and add flour all at once. With a wooden spoon, stir quickly to incorporate all the flour until all the dough cleans the sides of the pan and is a round ball, roughly 30-45 seconds.
3. Scrape dough into the bowl of a stand mixer, fixed with a paddle attachment, turn on low and let it cool dough slightly for about 30 seconds.
4. Begin adding eggs one at a time, mixing initially at a low speed and then a medium speed to incorporate completely. Repeat with remaining eggs, scraping down the sides of the bowl as needed. Finished dough should be thick and glossy, falling slowly from the paddle.
5. Place dough in pastry bag fitted with star tip and increase the heat on your oil to bring it to



temperature.

6. Pipe a 2 - 2 1/2" round circle of dough onto two parchment squares. One at a time, place them upside down into hot oil so that parchment paper is on top. As the cruller begins to fry, the parchment paper will release itself. With the tongs, carefully remove the parchment and allow the cruller to fry upside down until you see a nice golden color on the sides. Carefully flip cruller over with a strainer and let the bottom get nicely golden brown. Remove to wire rack and repeat with remaining dough. You should get 20-24 crullers depending on size. Don't make them too large or the outside will get overdone before the inside has a chance to finish cooking.
7. **Glaze:** While crullers are cooling, combine powdered sugar and water in a small bowl and whisk until well combined. This is a thin glaze so that it will coat the cruller and give it a nice shine as it sets.
8. Let crullers cool on wire rack. Once cooled dip cruller into glaze (top first) letting excess glaze drip off, then place back on wire rack. Repeat with remaining crullers. Glaze is set once it's dry to touch.