



Gluten-Free Fastnachts

Fastnachts (also spelled Fasnachts or Faschnachts) are similar to doughnuts but are typically less sweet and denser as they are made with potatoes. They are a traditional Pennsylvania Dutch treat, typically associated with Shrove Tuesday.

Makes: 12 fastnachts

Prep Time: 1 hour

Rest Time: 2-3 hours (1-2 hours in refrigerator, 1 hour room temperature)

Cook Time: 20 minutes

Ingredients:

- 1 c. (230 g) mashed potatoes, cooled (*I used 2 medium-sized yellow potatoes – see step 1*)
- 3 T. (35 g) unsalted butter, softened
- 2 T. (30 g) granulated sugar
- 1 ½ t. (10 g) salt
- ½ c. whole milk
- 1 pkg (7 g) instant yeast
- ½ c. potato water (*see step 1*)
- 2 T. (10 g) whole / rough psyllium husk
- 1 ⅓ c. (200 g) tapioca starch (or tapioca flour)
- 1 c. (160 g) millet flour
- ⅓ c. (40 g) sorghum flour
- 2 t. (6 g) xanthan gum
- 2 t. (8 g) baking powder
- 1 US large egg, beaten
- Vegetable oil, for frying
- Granulated sugar, optional

Directions:

1. Bring a medium saucepan of water to a boil. Cut potatoes into 1 inch cubes and boil until they are fork tender (about 10-15 minutes). Drain the potatoes and reserve ½ c. of the potato water in a separate bowl. Mash the potatoes through a sieve to ensure there are no chunks. Set mashed potatoes aside to cool.
2. Heat milk to approximately 180°F then allow it to cool to 100-110°F. Once cooled, add instant yeast and stir. Allow yeast to proof until the mixture is bubbly (about 5-10 minutes).
3. Add psyllium husk to the potato water reserved in step 1 and mix well (this will form a gel).
4. In a medium bowl, mix butter, sugar, and salt using a large fork until well combined.

5. In the bowl of a stand mixer with the dough hook attachment, mix together the tapioca starch, millet flour, sorghum flour, xanthan gum, and baking powder.
6. On low speed, add mashed potatoes, yeast mixture, psyllium gel, butter mixture, and egg to the flour. Increase to medium speed and mix until fully incorporated and smooth dough forms.
7. Chill dough in the refrigerator for 1-2 hours.
8. Roll out dough on a lightly floured surface to about ¼ inch thick. Cut into approximately 3 x 4 inch rectangles. Allow dough to rise until doubled in thickness, about 1 hour.
9. In a deep skillet or pot, heat vegetable oil (about 2-inch depth) to 350-375°F. Prepare a large baking sheet layered with paper towels. Working in small batches (be careful not to overcrowd the pan), gently place fastnachts into hot oil. Fry for about 1 minute on each side or until golden brown. Remove fastnachts and place on the prepared baking sheet to absorb excess oil.
10. Enjoy plain or coat fastnachts in granulated sugar when still slightly warm, if desired. ♥