

After your meal, pray for Baptist Mission Australia's ministry and team in Silk Road Area:

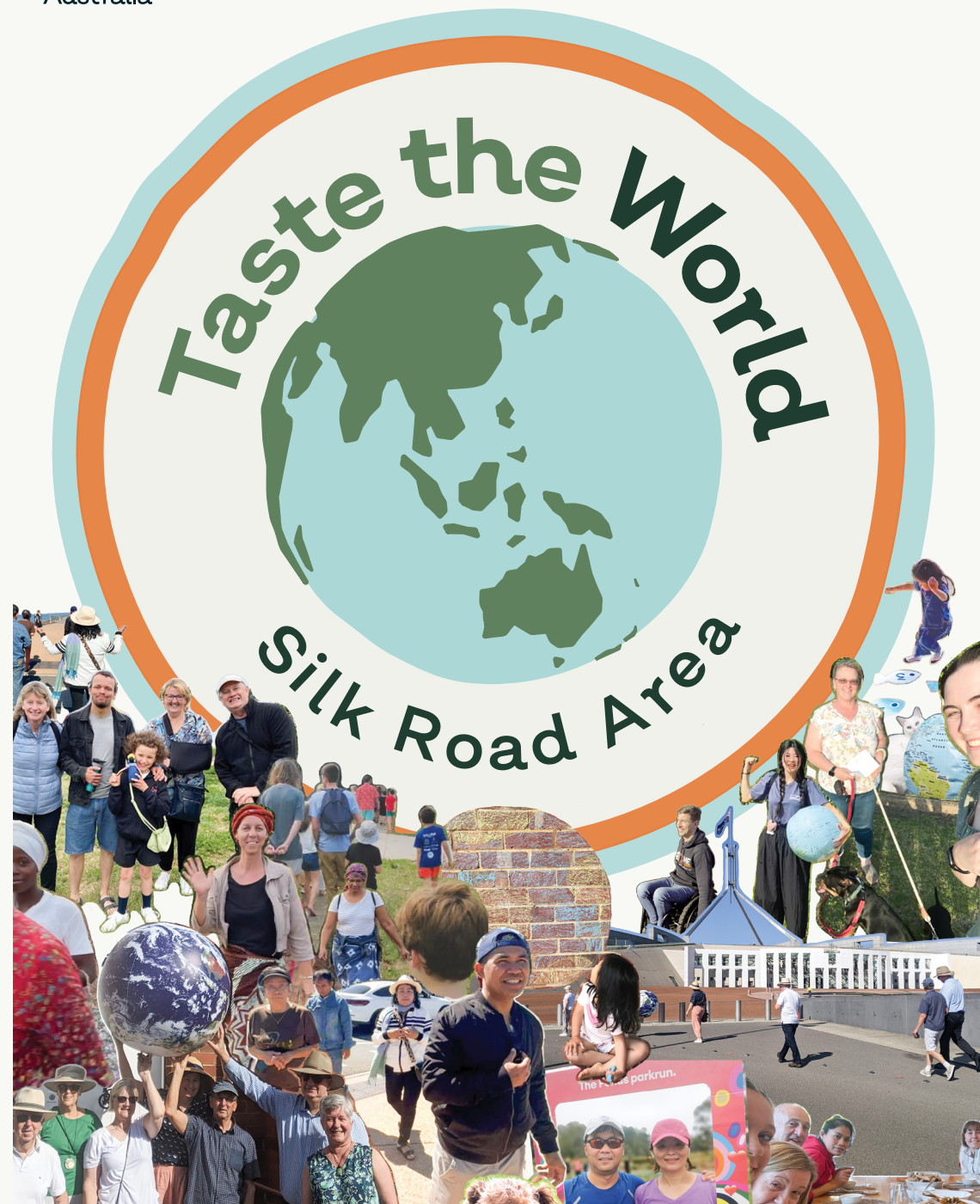
- » **Team members:** Eliza and David, Mel, Ben and Petra, Suzanne, and Lydia and Calvin.
- » Pray that through the Language Centre and Occupational Therapy initiatives, K families will experience God's love through word and deed.
- » Lift up **the team** as they plan for the future. May they be guided by the Holy Spirit as they explore new opportunities.
- » Pray for **Suzanne** as she teaches in the Language Centre and deepens connections with local friends.



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Walk the World 2024



Fried Dough

Recipe and reflection
from: Suzanne

“You’ll find this Silk Road staple at the table for most meals, stacked high at parties, and taken home in leftover bags. Whether hot or cold, this delicious side dish always disappears fast.

Fried dough was one of the first foods I ate and learned how to make here on the Silk Road.

Though I was initially a bit intimidated by making a yeast-based dough, I was pleasantly surprised by how easy it can be if you have the time! The dough even freezes easily so you can pull them out for guests without much notice.

Enjoy with a hearty, meat-filled meal and a cup of milky tea.”



Ingredients

- » 350 grams plain flour
- » 2 teaspoons dry yeast
- » 1 egg
- » 2 teaspoons sugar
- » 200 grams butter
- » 300 millilitres warm water
- » 1 teaspoons salt or to taste



Instructions

1. Put sugar into a bowl. Fill the bowl with the warm (but not boiling) water and stir to dissolve the sugar.
2. Once the sugar is dissolved, add the dry yeast. Stir to combine. Wait for the yeast to bubble and foam. If it’s still not foaming, add another teaspoon of yeast and sugar.
3. Melt butter in another dish.
4. In a larger bowl, add the plain flour. Crack the egg into this bowl, then pour the yeast water in. Add a teaspoon of salt.
5. Mix and knead the dough together. If it is too dry, add more warm water and use moist hands to knead. If it is too moist, add more flour. You may like to add some oil to the bottom of the bowl so the dough won’t stick to it.
6. Cover the bowl of dough with a clean plastic wrap/bag. Then, place a tea-towel over the top. Set aside until the dough has doubled in size (this might take 1-2 hours but can be sped up by placing the bowl in the oven on the lowest temperature setting).
7. Once the dough has doubled in size, knead it once more until the dough is soft. If you press your thumb gently on top of the dough, it should leave a print but not stick to your finger.
8. Sprinkle some flour on a surface and roll out the dough until it is 1cm thick. Then, use a knife to cut the dough into rough rectangles no bigger than 10cm x 8cm. The shape and size of them doesn’t need to be exact. As you cut the dough, cover the pieces with a tea-towel to prevent them from drying out.
9. Over the stove, heat up a deep pot of oil. Wait until it is hot enough for frying (the surface should glisten). Carefully slide the dough into the hot oil, one batch at a time. It should float quickly to the top and begin to puff up. Once the underside has just begun to brown, flip the dough. It should be a light golden beige. Place fried dough onto newspaper or paper-towel to soak up excess oil, then transfer to a dish.
10. Enjoy your Silk Road fried dough while still warm!