Luqaimat (Honey-Drizzled Dumplings)

Golden, crisp and irresistibly light, Luqaimat are little bites of joy best served warm and coated in Capilano Pure Honey. Sweet, sticky and deeply comforting, these dumplings are the kind of treat that disappears as quickly as they're served.

SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Intermediate	15 mins (+ 30 mins for dough to rise)	20 mins	1 hour 5 mins

Ingredients

DOUGH

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

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- 1 cup (125g) all-purpose flour:
- 1-2 tbsp cornstarch (or custard powder)
- 1 tsp instant yeast:
- 1 tbsp sugar
- ½ cup milk powder
- ¼ tsp salt
- ½ tsp cardamom powder
- ½ – ¾ cup warm water (as needed)
- 1 tbsp vegetable oil (for the batter)

FRYING & GARNISH

- Vegetable oil for deep frying (approx. 350°F/175°C)
- Drizzle of Capilano Pure Honey
- Sesame seeds to garnish

Used in this recipe

Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and hand harvested by their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

Method

1. In a large bowl, whisk together the flour, cornstarch, sugar, instant yeast, salt, cardamom powder, and milk powder.

2. Add the warm water and 1 tbsp of oil. Mix well until a smooth, thick, and sticky batter forms.

3. Cover the bowl with a clean cloth or plastic wrap and let it rest in a warm place for 1 to 1.5 hours, or until the dough has doubled in size and looks bubbly.

4. Fry the Luqaimat by heating 2-3 inches of oil in a deep pan or wok over medium heat to 350°F (175°C).

5. To shape the balls, dip a teaspoon in cold oil (to prevent sticking), then scoop a small amount of dough. Use your thumb to push the dough off the spoon into the hot oil. Alternatively, use a piping bag to squeeze out small balls.

6. Fry in batches, turning them constantly with a slotted spoon to ensure even, golden-brown colour (about 3-4 minutes).

7. Remove with a slotted spoon and drain on paper towels.

8. While still warm, place the fried dumplings in a bowl and drizzle generously with Capilano Pure Honey.

9. Toss to coat thoroughly, then sprinkle with sesame seeds or crushed pistachios.

10. Serve immediately.

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