

# Pi Li Li's

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- **255 grams (1 cup) sourdough starter at 166% hydration\***
- **113 grams (½ cup) water**
- **113 grams (½ cup) canned milk**
- **14 grams (1 Tablespoon) vanilla extract**
- **28 grams (2 Tablespoons) sugar**
- **9 grams (1 ½ teaspoon) salt**
- **396 grams (3 cups) all purpose flour**
- **59 grams (½ cup) whole wheat flour**
- **½ teaspoon baking soda**
- **1 teaspoon baking powder**

In a large mixing bowl combine the starter, water, canned milk, vanilla and sugar. Measure out the salt, flours, baking soda and baking powder and add to the same bowl. Mix until well combined and forms a nice ball of dough. The dough will be sticky so use some flour and knead the dough about 10 times getting a bit of the flour into the dough to stiffen it a little but it should end up mostly soft and a bit sticky. Flour your work surface again and roll out into a 14" x 12" rectangle. Let rest for five minutes then take your dough scraper blade and cut the dough into small pieces approximately 3" x 1"

The secret (yes, of course there is a secret!) to light fluffy Pi Li Li's filled with air, is to take the dough and stretch it. I stretch it a bit widthwise and lengthwise and then let the dough pieces set and wait their turn.

Use an oil for frying which has a smoke point over 350-375F/176-190C. Good choices are refined coconut oil or peanut oil. If your oil reaches it's maximum smoking temperature it will begin to smoke and the chemical state of the oil will be altered and it should no longer be consumed.

I use a heavy bottom large skillet and put in 1.5 - 2 inches of oil. Make sure the oil is up to 350F/176C before dropping in your dough, and make sure to bring up the temperature each time between batches.

I usually fry four pieces at a time, they take around one minute per side. I like to push the dough under with a spatula while it is frying on the first side, to get the top down under the hot oil too, but just for a few seconds.

Take out your finished Pi Li Li's and drain them on brown paper or folded up paper towels to absorb excess grease. After they cool down a bit but are still warm, shake them in a brown bag of sugar or sugar/cinnamon mixture or powdered sugar. You can also thin down honey a bit with some water and then dip the warm Pi Li Li's in the honey glaze.

\* 192 grams of starter and 63 grams of additional water to use a starter at 100% hydration

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