



# Fasnacht

**Yield:** 50 Fasnachts      **Serves:** several  
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*The Captain's Shack*      25 Feb 2020  
**Source:** boisefoodieguild.blog

**Note:** Among the PA Germans, Shrove Tuesday (day before Ash Wednesday) is known as Fasnacht Day (night before the fast). In a symbolic effort to rid their homes of leavening agents and to feast before Lent, many PA Germans cooks spend part of their day making Fasnachts. The cakes are made of yeast dough, and tradition requires that they be shaped in squares or rectangles. Shrove Tuesday is the day before Lent begins.

## Ingredients:

¼ c warm Water  
1 pkg Yeast  
2 T Sugar  
2½ c lukewarm whole Milk  
4½ c All-Purpose Flour  
4 Eggs, beaten  
½ c Lard, melted  
1 c Sugar  
dash of Salt  
5½ c All-Purpose Flour

## Directions:

- 1). Dissolve yeast in warm water.
- 2). Mix next three ingredients together, then add to yeast mixture. Set in warm place and let rise overnight.
- 3). In the morning add next four ingredients. Add last batch of flour slowly; it may not all be needed. Dough should be sticky but able to be handled.
- 4). Let rise until doubled, approximately 2 hours.
- 5). Roll out and cut with biscuit or doughnut cutter, with or without a center hole. Let rise 1 hour.
- 6). Deep fry in hot oil at 375° F for several minutes, turning until brown on both sides. Dust with powdered sugar if desired. Traditionally not filled.

And to our dear friend and superb baker, Donna, here is your challenge (and I know she reads this blog!). Seeing as how it is to late for this year, Shrove Tuesday is here, you have a year to practice. Shrove Tuesday, or Fasnacht Day, next year is your target. I know you can do this to perfection! Cheers!