

Ingredients

- 2 5/8 cups (368 g) all purpose gluten free flour blend, (I strongly recommend Better Batter; click thru for full info on appropriate blends)
- optional: 1 1/45 teaspoons xanthan gum, (omit if your blend already contains it)
- 6 tablespoons (64 g) Expandex modified tapioca starch, (See Recipe Notes)
- 1 tablespoon baking powder
- 1 teaspoon (3 g) instant yeast
- 1 tablespoon (12 g) granulated sugar
- 1 1/2 teaspoons (9 g) kosher salt
- 2 tablespoons (24 g) vegetable shortening, melted and cooled
- 3/4 cup (6 fluid ounces) warm milk, (about 95° F)
- 3/8 cup (3 fluid ounces) warm water, (about 95° F), plus more by the teaspoon as necessary
 - (just over a full cup for the two liquids)
- Oil, for frying

Instructions

1. In a large bowl, place the flour blend, xanthan gum, Expandex, baking powder, yeast and granulated sugar, and whisk to combine well.
2. Add the salt, and whisk again to combine.
3. Create a well in the center of the dry ingredients, add the melted shortening, milk and water and mix to combine until the dough comes together.
4. With clean hands, squeeze the dough together into a ball. It should hold together well, and not be so stiff that it is hard to knead.
5. If it is hard to knead, add more water by the teaspoonful, kneading it in after each addition, until the dough is pliable but still holds together very well.
6. Transfer the dough to a large piece of plastic wrap, and wrap tightly. Allow the wrapped dough to rest at room temperature for 15 minutes.
7. Unwrap the dough and divide it into 6 equal portions, each about 4 ounces.
8. On a large, flat surface, roll each piece of dough into a ball and, with a rolling pin, roll into a round about 6 inches in diameter and about 1/4-inch thick.
9. For perfectly uniform rounds, cut off the rough edges with a 6-inch cake cutter. The lid of a pot in the proper size should work, too.
10. Place the rounds in a single layer, about 2 inches apart from one another, on a flat surface covered in unbleached parchment paper.
11. Cover with lightly oiled plastic wrap, and allow to rise for 30 minutes or until beginning to puff.
12. While the dough is rising, place 2 inches of oil in a heavy-bottom saucepan.
13. Clip a candy/deep fry thermometer to the side of the saucepan, and bring the oil to 350°F.
14. Place the risen rounds of dough, one at a time, in the hot oil and fry until lightly golden brown on both sides (about 1 minute per side). The dough will bubble and puff.
15. Tongs are useful in flipping the dough from one side to the other, but take care not to pierce the dough with the tongs or oil will rush in to the dough and your bread will be quite oily.
16. Remove the dough from the oil, and place on paper towel-lined plates to drain.
17. Optional: Dust lightly with confectioners' sugar and serve warm.

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