



## Perilla-filled *Karinto*

Autumn

A fried treat made of dough consisting of flour, egg, milk and an abundance of *egoma* (a kind of perilla) seeds



### Ingredients (1 batch):

|                 |                     |
|-----------------|---------------------|
| 600 g           | flour               |
| 120 g           | <i>egoma</i> seeds  |
| Some            | salt                |
| 1 tsp           | baking powder       |
| 180 g           | sugar               |
| 250 cc          | 2 eggs and milk     |
| Suitable amount | oil for deep-frying |

### Directions:

1. Combine the flour, baking powder, sugar and salt in a bowl and filter through a sifter twice.
2. Mix in roasted *egoma* seeds and add in beaten eggs and milk; knead quickly.
3. Divide the dough into 3-4 parts and roll flat to a thickness of 1-2 cm with a rolling pin. Place in the freezer for 10-15 minutes.
4. Remove from freezer and roll again to a thickness of 5 mm, cut to a width of 3 cm, and into a cylindrical shape with a 5 mm thickness.
5. Heat the oil to 130°C and deep-fry slowly.

### Tips:

- Add the egg and milk in gradually and knead until firm.
- Place in freezer before deep-frying.
- Don't add flour when rolling out the dough or after cutting.
- The oil should not be heated over 130°C.
- Deep-fry slowly and a little bit at a time, and maintain the same oil temperature while frying.