

Doughnuts



Recipe By FoodieBook

Ref: 484

Heading: Bread & Baking

Cuisine: American

Food Type: Vegetarian

No of Portions: 6

Ingredients & Prep

250 g self-raising flour
125 ml whole milk at 40°C
50 g butter salted melted
1 egg large
30 g caster sugar
1 pinch nutmeg ground
1 1/2 yeast dried

Glaze

120 g icing sugar
40 ml double cream
1/2 tsp vanilla extract or cinnamon ground

Method

Step 1 - Make the starter first by adding by milk, sugar & yeast into a jug then whisk together, set aside for 20 mins until it goes frothy.

Step 2 - In a mixing bowl place the egg, butter & nutmeg & beat together add the flour mix in then add starter mixture in, mix the dough in a food mixer with the dough hook for 5 mins or use a wooden spoon for 10 mins.

Step 3 - Tip dough onto a floured worktop a knead for another 2 mins, clean mixing bowl & grease with either butter or veg oil, place dough back in & cover with either cling film with a pricked hole or a damp tea towel, set aside for 2 hour or to it doubles in size.

Step 4 - Pre-heat deep fat fryer with clean sunflower or veg oil to 160°C.

Step 5 - Knock back the dough, tip out onto a floured worktop, cut 75g pieces, form into a ball, then squash flat to about 12 mm or 1/2 inch, push your finger through the middle (oiled hands are good for this) & form a ring, place ring on floured worktop until all done.

Step 6 - Add first shaped doughnuts into the fryer in batches of 2 or 3 depending on its size, cook for 2 to 3 mins per side or until golden brown on both sides, use a slotted spoon to turn & remove when done, place cooked doughnuts on kitchen paper to soak any excess oil.

Step 7 - Mix glaze ingredients in a bowl, dip one side of the doughnut in the glaze, then place dry side down on a rack to completely cool & set for an hour or so.

Suggestion & Tips

Eat the same day. You can leave round & inject jam of choice in the middle before cooking, or mix cinnamon with caster sugar then roll hot doughnuts in to coat.