



Potato donuts - Spudnuts

40'

Hands on

10'

Cook Time

8

Portion(s)

2

Difficulty



Method

- Pierce the potato with a fork, on several spots. Add it into a bowl, cover with plastic wrap, and cook it in the microwave at 800 Watt for 5 ½ -6 minutes. Let it cool well, peel it, and add it into a bowl. You will need 200 g boiled potatoes in total.
- Add the milk into a bowl, cover with plastic wrap, and heat it in the microwave at 800 Watt for 1 minute.
- In the **bowl** with the potato add the seed oil, the sugar, and mix until the sugar melts and the ingredients are homogenized.
- Add the warm milk, the yeast, and mix with a hand whisk.
- Add 2-3 tablespoons of the flour and mix. Then, add the flour in 2-3 batches, the salt, and mix with a serving spoon until the mixture starts thickening. Keep on mixing with your hands.
- Dust your working surface with a little flour, place the dough on it, and with a rolling pin, roll it out. With a **10 cm cookie cutter** , cut pieces of the dough and in the center of each piece, cut a smaller one with a 3 cm cookie cutter. Follow the same process until there are 8 pieces.
- Place a **deep frying pan** with seed oil over medium heat, until it gets very hot.
- Fry the donuts, in batches, for 4-5 minutes on both sides.

To serve

- The first way to serve the donuts: Remove them from the frying pan and add them into the bowl with the sugar, while hot. Mix until they are completely coated.
- The second way to serve the donuts: Let them cool and dip them, on the one side, into the bowl with the melted chocolate and then into the bowl with the chocolate sprinkles.
- The third way to serve the donuts: In a bowl add the icing sugar and gradually pour the milk. Mix until there is a glaze. Dip one side of the donuts into the glaze, and serve.

Ingredients

- 1 medium potato
- 280 g milk
- 2 tablespoons seed oil
- 50 g granulated sugar
- 15 g dry yeast
- 350 g all-purpose flour
- 1 pinch salt
- 500 g seed oil, for the frying

To serve

- 50 g granulated sugar
- 100 g chocolate couverture, melted
- chocolate sprinkles
- 100 g icing sugar
- 1-2 tablespoons milk

Διατροφικός πίνακας

Nutrition information per portion

293 Calories (kcal)	9.1 Total Fat (g)	2.5 Saturated Fat (g)	45.0 Total Carbs (g)
15%	13%	13%	17%
8.2 Sugars (g)	6.8 Protein (g)	2.3 Fibre (g)	0.1 Sodium (g)
9%	14%	9%	2%