



Donuts

20'

Hands on

90''

Hands off

6'

Cook Time

6-8

Portion(s)

1

Difficulty



Method

- In a large **bowl**, combine the milk, yeast and sugar.
- Mix until the yeast has completely dissolved and set aside for 10-15 minutes, until the mixture starts to froth.
- Add the egg yolks, melted butter and vanilla. Stir.
- Add the orange **zest**, salt and half of the flour. Stir.
- Add the remaining flour and stir with a spoon as thoroughly as possible.
- Transfer dough to another bowl that has been lightly brushed with oil. Dust with some flour and cover with plastic wrap.
- Set aside for 1-2 hours at room temperature so that it can rise.
- When ready, dust your hands with flour so that the dough doesn't stick to them and shape dough in to a ball.
- Dust a working surface with flour and roll out the dough until it is 1cm thick. You can roll out the dough up to 3 times. Do not overwork it or else the donuts will not come out as light and fluffy as they should.
- Use a 10 cm round **cookie cutter** to cut out a donut and use a smaller one to cut out a small circle in the middle.
- Repeat the same process until you run out of dough. This recipe yields 8 donuts. (Reserve 2 small balls of dough so you can test if the oil is hot enough.)
- Dust the donuts with some flour, cover with a towel and let them rest and rise again for 30 minutes.
- Heat the oil in a **deep pan**, (It should be about 5 cm deep) until it reaches 175* C (347* F). Test it with the small balls of dough you reserved.
- When the oil is ready, add the donuts to the pan and fry for 1-2 minutes on the first side. When golden, turn them over and fry for another 1-2 minutes.
- Remove from pan and transfer to a plate lined with paper towels. Allow them to drain from excess oil and cool for 5-10 minutes.
- Prepare the white glaze by combining the icing sugar, vanilla and milk in a small bowl.
- Prepare the chocolate glaze by combining the icing sugar, cocoa powder and milk in a small bowl. Add a little more milk if

Ingredients

- 180 g milk, lukewarm not hot
- 2 ½ teaspoons active dry yeast
- 50 g granulated sugar
- 2 egg yolks (from medium sized eggs - 50 g each)
- 1 teaspoon vanilla extract or 1-2 packets vanilla powder
- 2 tablespoons melted butter (30 g)
- grated zest of 1 orange
- 330 g all-purpose flour
- ¼ teaspoons coarse salt
- sunflower oil, for frying

For chocolate glaze

- 1 tablespoon cocoa powder
- 2 tablespoons icing sugar
- 1 tablespoon milk

For white glaze

- 2 tablespoons icing sugar
- 1 tablespoon milk
- 1 teaspoon vanilla extract

To decorate

- multi colored sprinkles
- 160 g jelly or jam

Διατροφικός πίνακας

Nutrition information per portion

262 Calories (kcal)	9.1 Total Fat (g)	3.4 Saturated Fat (g)	38.0 Total Carbs (g)
13%	13%	17%	15%
7.5 Sugars (g)	6.2 Protein (g)	1.7 Fibre (g)	0.09 Sodium (g)
8%	12%	7%	2%

necessary.

- Decorate the donuts any way you like with the 2 glazes, jelly and sprinkles.

Tip

Be careful when adding the milk! It should NOT be hot! You can use grated orange zest or whatever other kind of flavoring you like best!!