



Apple Cider Sufganiyot (Hanukkah Donuts) with Salted Caramel

 Vegetarian

READY IN



210 min.

SERVINGS



34

CALORIES



555 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 ounce yeast dry ()
- ☐ 1 tablespoon spiced apple butter
- ☐ 0.8 cup apple cider
- ☐ 2 large egg yolk
- ☐ 2.5 cups flour all-purpose plus more for rolling out the dough
- ☐ 0.5 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.3 cup cup heavy whipping cream
- ☐ 0.1 teaspoon nutmeg freshly grated
- ☐ 0.3 teaspoon salt fine
- ☐ 1 tablespoon butter unsalted cut into 4 pieces and at room temperature
- ☐ 1 teaspoon vanilla extract
- ☐ 2 quarts vegetable oil
- ☐ 0.3 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ slotted spoon
- ☐ dutch oven
- ☐ tongs

Directions

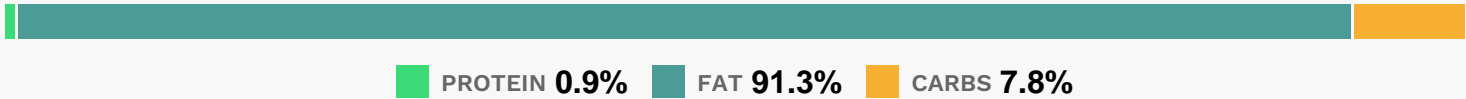
- ☐ Place 2 1/2 cups of flour, the cinnamon, salt, and nutmeg in a large bowl and whisk to aerate and combine; set aside. Coat a second large bowl with vegetable oil; set aside.
- ☐ Place the yeast and 1 teaspoon of the sugar in a medium bowl.
- ☐ Heat 1/2 cup of the apple cider until warm, between 105°F and 115°F.

- ☐ Add to the yeast and sugar and stir to combine.
- ☐ Let sit until the mixture is foaming, about 5 minutes.
- ☐ Add the remaining 1/4 cup sugar, remaining 1/4 cup apple cider, egg yolks, apple butter, and vanilla to the yeast mixture and whisk to combine.
- ☐ Add this mixture to the reserved flour mixture and stir with a wooden spoon until the dough comes together and begins to form a ball.
- ☐ Transfer the dough to a lightly floured work surface. Scatter the butter pieces over the dough and knead until the butter is fully incorporated and the dough is smooth, shiny, and elastic, about 6 to 8 minutes.
- ☐ Combine the sugar, water, and salt in a medium saucepan and bring to a boil over medium heat, stirring often until the sugar has completely dissolved. Continue to boil, swirling the pan occasionally (but not stirring), until the mixture turns a deep amber color, about 10 to 15 minutes.
- ☐ Remove the pan from the heat, carefully pour in the cream and vanilla (the mixture will bubble up and steam), and stir until evenly combined.
- ☐ Transfer to a medium heatproof bowl and let the caramel cool at room temperature, uncovered, for about 30 minutes before using. To finish: Line a baking sheet with parchment paper; set aside. Punch down the dough, transfer it to a lightly floured work surface, and roll it out until it's about 1/4 inch thick. Using a 2-1/2-inch round cutter, stamp out as many dough rounds as possible and place them on the prepared baking sheet about 1/4 inch apart. Gather the dough scraps into a ball and roll out and cut again. Discard any remaining dough scraps. Cover the dough rounds loosely with plastic wrap or a damp towel.
- ☐ Let rise in a warm place until puffy and about 1/2 inch thick, about 30 minutes.
- ☐ Heat the oil in a Dutch oven or a large, heavy-bottomed pot over medium heat until the temperature reaches 365°F on a candy/fat thermometer. Meanwhile, fit a wire rack over a second baking sheet; set aside.
- ☐ Place the sugar in a large bowl; set aside.
- ☐ Transfer the cooled caramel to a piping bag fitted with a 1/4-inch round tip; set aside. When the oil is ready, add 4 of the dough rounds and fry until golden brown, flipping halfway through, about 2 minutes total. (If air bubbles appear in the donuts, pierce them with the tip of a paring knife.)
- ☐ Remove the donuts with a slotted spoon to the rack.
- ☐ Add 4 more dough rounds to the oil. While these dough rounds are frying, use tongs to transfer the first 4 (still-hot) donuts to the bowl of sugar. Toss to coat in the sugar, then

return to the wire rack. Repeat frying and sugarcoating the remaining dough rounds. When the donuts are cool enough to handle, use a paring knife to puncture the side of each to form a pocket in the center.

- ☐
- Place the tip of the piping bag into the pocket and pipe about 1 heaping teaspoon of caramel inside.
- ☐
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:7.37, Inflammation Score:-2, Nutrition Score:7.4173914446779%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 555.45kcal (27.77%), Fat: 57.24g (88.06%), Saturated Fat: 9.35g (58.46%), Carbohydrates: 11g (3.67%), Net Carbohydrates: 10.64g (3.87%), Sugar: 3.73g (4.14%), Cholesterol: 14.32mg (4.77%), Sodium: 18.96mg (0.82%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Protein: 1.27g (2.54%), Vitamin K: 102.53µg (97.65%), Vitamin E: 4.62mg (30.79%), Vitamin B1: 0.1mg (6.57%), Folate: 23.28µg (5.82%), Selenium: 3.79µg (5.42%), Manganese: 0.08mg (4.01%), Vitamin B2: 0.07mg (3.84%), Vitamin B3: 0.63mg (3.17%), Iron: 0.49mg (2.7%), Phosphorus: 17.07mg (1.71%), Fiber: 0.35g (1.42%), Vitamin A: 59.35IU (1.19%), Vitamin B5: 0.11mg (1.08%)