



Easy Jewish Hanukkah Doughnuts

 Vegetarian

READY IN



140 min.

SERVINGS



8

CALORIES



654 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 cup milk whole
- 1.5 envelopes yeast
- 3.3 cups bread flour (plus more for the work surface)
- 0.5 teaspoon salt
- 1.7 cups granulated sugar finely ((or just blitz granulated sugar in a blender until ground but now powdery))
- 1 eggs whole beaten ()
- 1 egg yolk
- 0.7 stick butter unsalted at room temperature ()

- 1 quart unrefined sunflower oil for deep frying ()
- 1 teaspoon ground cinnamon

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- whisk
- plastic wrap
- hand mixer
- roasting pan
- slotted spoon

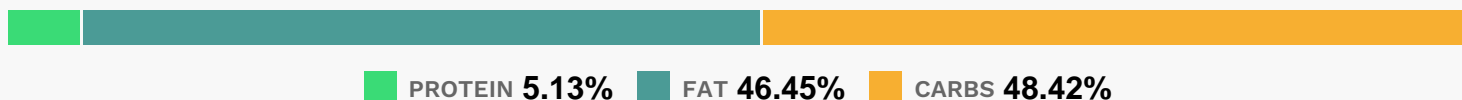
Directions

- Heat the milk until warm to the touch.
- Add the yeast and whisk to combine, then set aside in a warm place for about 5 minutes to activate the yeast. You'll know it's ready when the milk has a thick, yeasty foam floating on top.
- Pour the flour, salt, and 1/3 cup of the sugar into the bowl of a standing electric mixer equipped with a dough hook. Make a well in the center and add the yeasty milk mixture, the whole egg, egg yolk, and butter.
- Mix steadily for about 5 minutes, until the dough is smooth and elastic. It will still be slightly sticky.
- Dust a work surface with a little flour, then scrape the dough out of the bowl and onto the flour. Knead the dough, using your hands, for 1 minute. Shape the dough into a smooth ball and place it in a large, clean bowl. Cover with plastic wrap and leave in a warm, draft-free place until the dough has doubled in size, at least 1 hour.
- Lightly dust the work surface with flour again and knead the dough very gently for 1 minute.
- Roll it out to a thickness of 1/2 inch. Using a round cookie or biscuit cutter, stamp out discs from the dough (roughly 2 1/2 to 3 1/2 inches in diameter). Using a smaller cutter (about 1 1/2

inches), stamp out a smaller disk from the middle of each doughnut.

- Arrange the ring doughnuts and mini round doughnuts (that is to say, doughnut “holes”) on a lightly floured baking sheet. Cover loosely with oiled plastic wrap and let rise again for 30 minutes.
- Cover a large baking sheet with a triple thickness of paper towels and pour the remaining superfine sugar into a large bowl or shallow roasting pan.
- Pour the sunflower oil into a large, shallow pan (it should come halfway up the sides) and heat to 350°F to 375°F (180°C to 190°C).
- Fry the doughnuts in small batches for about 1 to 2 minutes on each side, until lightly browned.
- Remove from the oil with a slotted spoon and drain thoroughly on the paper towels before tossing in the superfine sugar. Make sure the oil comes back up to temperature before frying the next batch of doughnuts. Eat while warm.

Nutrition Facts



Properties

Glycemic Index:22.51, Glycemic Load:53.36, Inflammation Score:-4, Nutrition Score:10.359999802611%

Nutrients (% of daily need)

Calories: 654.12kcal (32.71%), Fat: 34.23g (52.66%), Saturated Fat: 8.12g (50.75%), Carbohydrates: 80.27g (26.76%), Net Carbohydrates: 78.56g (28.57%), Sugar: 42.89g (47.65%), Cholesterol: 67.75mg (22.58%), Sodium: 166.09mg (7.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.5g (17.01%), Vitamin E: 10.27mg (68.49%), Selenium: 24µg (34.28%), Manganese: 0.46mg (22.8%), Vitamin B1: 0.2mg (13.63%), Folate: 53.64µg (13.41%), Phosphorus: 102.81mg (10.28%), Vitamin B2: 0.16mg (9.57%), Fiber: 1.7g (6.82%), Vitamin A: 336.28IU (6.73%), Vitamin B5: 0.65mg (6.48%), Copper: 0.11mg (5.47%), Vitamin B3: 1.07mg (5.36%), Zinc: 0.77mg (5.13%), Calcium: 47.4mg (4.74%), Magnesium: 17.26mg (4.32%), Vitamin D: 0.62µg (4.16%), Vitamin B12: 0.23µg (3.89%), Iron: 0.69mg (3.82%), Vitamin B6: 0.07mg (3.52%), Potassium: 111.87mg (3.2%), Vitamin K: 2.27µg (2.16%)