



Sufganiyot (Israeli Jelly Donuts)

READY IN



195 min.

SERVINGS



30

CALORIES



156 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 ounce yeast dry ()
- 1.5 quarts canola oil for frying plus more for coating the bowl
- 2 large egg yolk
- 2 cups flour for dusting all-purpose plus more the baking sheet and rolling out the dough
- 0.3 cup granulated sugar
- 0.7 cup jam
- 0.8 cup milk whole (105°F to 115°F)
- 0.5 teaspoon salt fine
- 2 tablespoons butter unsalted at room temperature ()

Equipment

- bowl
- baking sheet
- paper towels
- knife
- whisk
- wire rack
- plastic wrap
- kitchen thermometer
- stand mixer
- spatula
- slotted spoon
- dutch oven

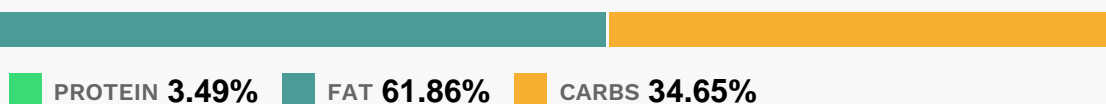
Directions

- Place the flour, sugar, yeast, and salt in the bowl of a stand mixer and whisk to combine.
- Add the yolks and milk and mix, using the hook attachment, on medium–low speed until a shaggy dough forms, about 1 minute.
- Add the butter, increase the speed to medium high, and mix until the dough is smooth, shiny, and elastic, about 5 minutes. Coat a large bowl with oil. Form the dough into a ball, place in the bowl, and turn to coat in the oil. Cover with plastic wrap or a damp towel and let rise in a warm place until doubled in size, about 1 to 1 1/2 hours. Lightly flour a baking sheet; set aside. Punch down the dough, transfer to a lightly floured work surface, and roll until about 1/4 inch thick. Using a 2–inch round cutter, stamp out as many dough rounds as possible and place on the prepared baking sheet about 1/2 inch apart. Gather the dough scraps into a ball and roll out again, stamping rounds until you have 30 total on the baking sheet. Cover 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.
- Place the vegetable or canola oil in a Dutch oven or a large, heavy–bottomed pot and set over medium heat until the temperature reaches 350°F on a candy/fat thermometer. Meanwhile,

line a second baking sheet with paper towels and place a wire rack over the paper towels; set aside.

- Place the jam or jelly in a piping bag fitted with a 1/4-inch round tip; set aside. Using a flat spatula (don't use your hands—this will deflate the donuts), carefully transfer the dough rounds, one at a time, into the oil. You should be able to fit about 6 at a time, leaving at least 1 inch of space in between and keeping the oil temperature at 350°F. Fry until the bottoms are golden brown, about 1 1/2 minutes. Carefully flip with a fork and fry until the second side is golden brown, about 1 1/2 minutes more. (If air bubbles appear in the donuts, pierce with the tip of a paring knife.)
- Remove with a slotted spoon to the wire rack. Repeat with 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 teaspoon of jam or jelly inside. Dust with powdered sugar before serving.

Nutrition Facts



Properties

Glycemic Index:7.94, Glycemic Load:8.69, Inflammation Score:-1, Nutrition Score:2.7347825947015%

Nutrients (% of daily need)

Calories: 156.18kcal (7.81%), Fat: 10.83g (16.66%), Saturated Fat: 1.41g (8.84%), Carbohydrates: 13.65g (4.55%), Net Carbohydrates: 13.28g (4.83%), Sugar: 5.65g (6.28%), Cholesterol: 14.98mg (4.99%), Sodium: 44.44mg (1.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Vitamin E: 1.72mg (11.49%), Vitamin B1: 0.1mg (6.54%), Vitamin K: 6.86µg (6.54%), Folate: 23.29µg (5.82%), Selenium: 3.76µg (5.38%), Vitamin B2: 0.07mg (4.2%), Manganese: 0.06mg (3.08%), Vitamin B3: 0.6mg (2.98%), Iron: 0.46mg (2.56%), Phosphorus: 22.75mg (2.27%), Fiber: 0.37g (1.49%), Vitamin B5: 0.13mg (1.28%), Calcium: 12.06mg (1.21%), Copper: 0.02mg (1.09%)