



Vanilla Cream–Filled Doughnuts

READY IN



45 min.

SERVINGS



9

CALORIES



657 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.5 teaspoons yeast fresh dry
- 7 tablespoons butter cut into 6 to 8 pieces at room temperature ()
- 9 servings canola oil for frying
- 3 eggs
- 90 grams cup heavy whipping cream
- 2 teaspoons kosher salt
- 160 grams milk at room temperature
- 9 servings pastry cream chilled
- 270 grams sugar

490 grams flour all-purpose

Equipment

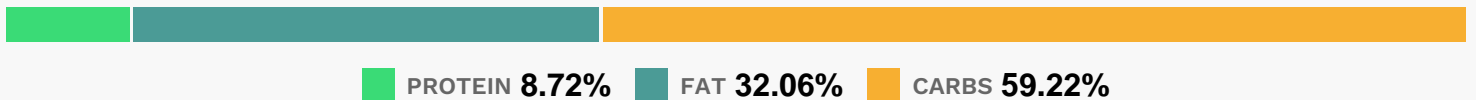
- bowl
- baking sheet
- paper towels
- sauce pan
- plastic wrap
- kitchen thermometer
- stand mixer
- spatula
- slotted spoon
- pastry bag

Directions

- In a stand mixer fitted with the dough hook, combine the yeast and milk. Stir together briefly, then let sit for about 1 minute to dissolve the yeast.
- Add the flour, 1/3 cup (70 grams) of the sugar, the salt, and the eggs and mix on low speed for about 1 minute, or until the dough comes together. Then, still on low speed, mix for another 2 to 3 minutes to develop the dough further. Now, begin to add the butter, a few pieces at a time, and continue to mix for 5 to 6 minutes, or until the butter is fully incorporated and the dough is soft and cohesive.
- Remove the dough from the bowl, wrap tightly in plastic wrap, and refrigerate for at least 6 hours or up to 15 hours.
- Lightly flour a baking sheet. On a well-floured work surface, roll out the dough into a 12-inch square about 1/2 inch thick. Using a 3 1/2- to 4-inch round biscuit cutter, cut out 9 doughnuts. Arrange them on the prepared baking sheet, cover with plastic wrap, and place in a warm spot to proof for 2 to 3 hours, or until they are about doubled in height and feel poufy and pillowy.
- When ready to fry, line a tray or baking sheet large enough to hold the doughnuts with paper towels.

- Pour oil to a depth of about 3 inches into a large, heavy saucepan and heat over medium-high heat until hot. To test the oil, throw in a pinch of flour. If it sizzles on contact, the oil is ready. (It should be 350 degrees if you are using a thermometer.) Working in batches, place the doughnuts in the hot oil, being careful not to crowd them. Fry on the first side for 2 to 3 minutes, or until brown. Then gently flip them and fry for another 2 to 3 minutes, or until brown on the second side. Using a slotted spoon, transfer the doughnuts to the prepared tray and let cool for a few minutes, or until cool enough to handle.
- Place the remaining 1 cup (200 grams) sugar in a small bowl. One at a time, toss the warm doughnuts in the sugar to coat evenly. As each doughnut is coated, return it to the tray to cool completely. This will take 30 to 40 minutes.
- To make the vanilla cream filling: While the doughnuts are cooking, whip the heavy cream until it holds stiff peaks. Using a rubber spatula, fold it into the pastry cream. You should have about 3 cups.
- When doughnuts are completely cooled, poke a hole in the side of each doughnut, spacing it equidistant between the top and bottom. Fit a pastry bag with a small round tip and fill the bag with the filling. Squirt about 1/3 cup filling into each doughnut.
- Serve immediately.
- From Flour: Spectacular Recipes from Boston's Flour
- Bakery + Cafe by Joanne Chang with Christie Matheson. Text copyright © 2010 by Joanne Chang; photographs copyright © 2010 by Keller + Keller. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:29.97, Glycemic Load:60.4, Inflammation Score:-7, Nutrition Score:17.71304365863%

Nutrients (% of daily need)

Calories: 656.97kcal (32.85%), Fat: 23.54g (36.22%), Saturated Fat: 11.85g (74.07%), Carbohydrates: 97.82g (32.61%), Net Carbohydrates: 96.12g (34.95%), Sugar: 38.09g (42.32%), Cholesterol: 163.31mg (54.44%), Sodium: 737.34mg (32.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.41g (28.81%), Selenium: 32.42µg (46.31%), Vitamin B2: 0.73mg (43.15%), Vitamin B1: 0.63mg (41.79%), Folate: 140.16µg (35.04%), Phosphorus: 303.01mg (30.3%), Calcium: 244.33mg (24.43%), Manganese: 0.39mg (19.57%), Vitamin B3: 3.79mg (18.94%), Iron: 3.31mg (18.4%), Vitamin B5: 1.67mg (16.69%), Vitamin B12: 0.99µg (16.58%), Vitamin A: 783.73IU (15.67%), Vitamin D: 2.34µg (15.61%), Potassium: 418.11mg (11.95%), Magnesium: 39.83mg (9.96%), Zinc: 1.47mg (9.79%), Vitamin B6:

0.17mg (8.34%), Vitamin E: 1.11mg (7.43%), Copper: 0.14mg (6.94%), Fiber: 1.7g (6.81%), Vitamin K: 3.62µg (3.45%)