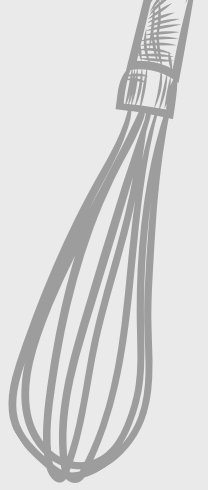




Let's Make Doughnuts



INGREDIENTS

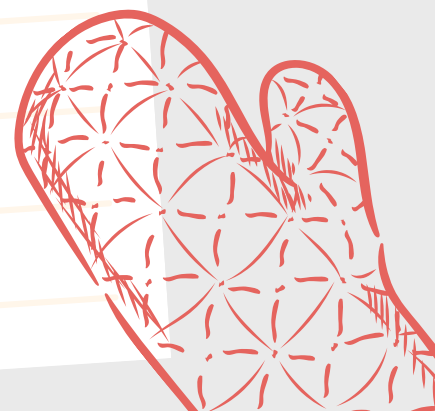
- 500g strong bread flour
- 15g wet yeast (7g if using dried yeast)
- 5g salt
- 60g unsalted butter
- 45g caster sugar
- 250g semi skimmed milk
- 15g water
- 2 eggs
- Caster sugar to coat the doughnuts once fried
- Sunflower cooking oil for frying

DIRECTIONS

Weigh out all the ingredients.

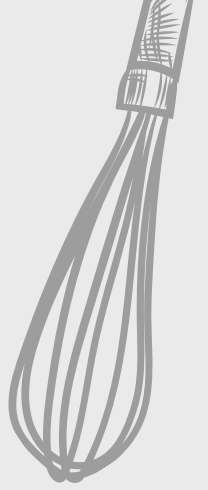
If using a mixer, attach the dough hook.

Place the flour in the bowl of the mixer, or a wide mixing bowl if mixing by hand. Add the salt and sugar to one side, then add the butter on top of the salt and sugar. Then on the other side of the bowl add the yeast, keeping it away from the salt and sugar since the salt will kill the yeast. Rub the yeast into the flour a bit so it crumbles. If using dried yeast sprinkle the dried yeast in this area. Add the eggs into the mix. Finally, add the water and milk.





Let's Make Doughnuts



Using an electric mixer

Mix on low speed for 10 minutes.

Speed up to the fast speed for 5 mins or until the mixture comes away from the sides.

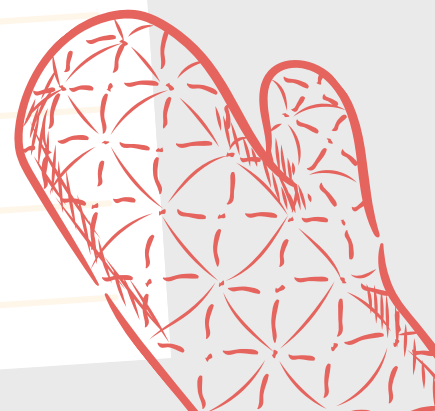
Once mixed, tip the dough out onto the work top, and knead using the wet dough method by hand. The dough is ready when it looks like a plump pillow.

Mixing by hand

If you don't have an electric mixer, hand mix the dough to combine. Add the ingredients as above into a wide mixing bowl. Using one hand like a paddle, and the other to hold and turn the bowl, stir the mix and turn the bowl until all the wet and dry ingredients are combined to form a dough (use a bread scraper if you have one or if don't like the feel of the dough on your fingers). The dough will be very sticky. Once all ingredients are fully combined, tip the dough onto the work top and use the wet dough method to knead the dough.

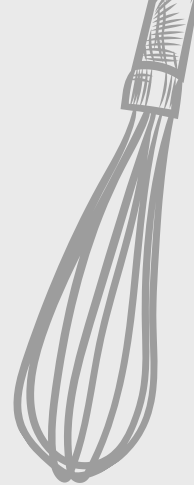
Kneading for the wet dough method

Scoop the dough up and slap it down, then fold it over away from you. Then scoop again— placing the hands at the front and back of the dough, lift it up and turn it 90 degrees, slap it down and fold away from you again, repeating this process. It is important to keep your fingers together when picking up and folding the dough so that it doesn't stick too much. The dough is ready when it looks like a plump pillow. This should take around 15 minutes of constant kneading.





Let's Make Doughnuts



Place the dough into a bowl and allow it to prove for 45 minutes to 1 hour or until doubled in size.

To shape the doughnuts, cut the dough into 25–30g pieces. Shape your hands into shallow scoops and roll into balls. Place the doughballs into a proving tray or deep dish, with lots of space in between each one as they will grow while proving. Rest again for a further 25–45 minutes until just under doubled in size.

Set your deep fat fryer to 160°C. Once hot, fry in batches of 7–8 at a time until golden brown, making sure to flip them over with a fork/spoon halfway through (around 6 minutes total frying time per batch).

While your doughnuts are frying, line a large tray with kitchen roll. Once your doughnuts are golden, remove them from the fryer using a slotted spoon and place them onto the tray.

Roll the doughnuts in caster sugar when still warm and fill with jam, custard, chocolate ganache, dulce de leche or any other fillings of your choice!



At Home
with

Sophie
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