

Sourdough Doughnuts



Decadent, deep-fried, and decidedly delicious, these Doughnuts are the real deal.

Ingredients:

7 C Flour + 1 C in reserve for rolling (you can get away with about $\frac{1}{4}$ whole wheat flour for those seeking “healthier” options)

1C Sugar

1 t Baking Soda

1 T Baking powder

2 t Salt

Heavy-Handed Dashes of: Cardamom, Cloves, Nutmeg, Cinnamon

4 Eggs

1 Stick Melted Butter

$\frac{1}{2}$ C Sourdough Starter (or $\frac{1}{4}$ C yoghurt if you don't have a starter)

1 $\frac{1}{2}$ C Milk + 1 T Cider Vinegar (DIY Buttermilk)

Vegetable oil for frying

Directions:

Combine milk and vinegar, mix and let stand for five minutes. Combine dries in a large mixing bowl including the spices, which are crucial for giving the dough a bit of flavor... otherwise homemade doughnuts tend to taste too much like the oil they were fried in. Melt butter, beat eggs, combine wet ingredients including your sourdough starter. While not strictly necessary, working with some sourdough starter helps add structure and workability to the dough. Fold wets into dries and knead in the bowl until the dough comes together in a craggy ball, adjusting as necessary to make dough that is tacky but not sticky; turn dough out on a well-floured countertop and knead briefly. Return to bowl and cover to rest/rise/proof for around an hour. While dough is resting, make your toppings.

Frying your doughnuts: using your trusty cast-iron Dutch Oven (or equivalent) heat around three inches of oil on medium-high heat. While oil is heating, roll out your dough again on a well-floured surface and cut to shape using a whatever round containers come to hand and place on a lined cookie sheet for convenient use. Test the oil for heat with a small piece of dough... it's ready when it boils and froths. Using a slotted spoon, transfer doughnuts to oil and fry on both sides until golden brown, flipping once to fry both sides. If it takes longer than one minute per side, your oil is likely not hot enough... if it takes less time, you're likely to burn the outsides before cooking the dough. Transfer cooked doughnuts to another cookie sheet lined with paper towels to dry and cool. Repeat until finished, but don't crowd your doughnuts in the fry oil!

Three Glazes

Mango Doughnuts

1 C unsweetened dried mango
1 C sugar
1 C water

Combine water and sugar in a saucepan and heat to make simple syrup. Chop the mango finely and simmer in the simple syrup for around twenty minutes. Remove from heat, strain and conserve simple syrup (now delightfully flavored with mango) and transfer the softened, boiled mango to a plate; coat with a dusting of flour to dry.

Adding the mango to the mango doughnuts: using a portion of your dough, roll out thin and coat with mango slices. Refold dough with an extra dusting of flour and re-roll before cutting into shape. Dip finished doughnuts in the cooled simple syrup for a mango glaze.

Maple Glaze

1/2 C powdered sugar
¼ C maple syrup
1 t molasses (for color and robustness of flavor)

Coconut Glaze

1 C powdered Sugar
Heavy Cream
Coconut extract (or vanilla, if you're more looking for something more traditional)
Dry shredded coconut for toping

For both the Maple and Coconut glazes, whisk and tinker until nice and thick; add a dollop of corn syrup for a glossy finish.