



Cinnamon doughnuts

MAKES: 12

INGREDIENTS



1 × 7 gram yeast sachet



1 tablespoon water, warm



½ cup milk, warm



1 tablespoon caster sugar



1¼ cups plain flour



30 grams butter, melted



1 egg, lightly beaten



¼ cup caster sugar



1 teaspoon cinnamon

Vegetable oil for deep-frying



Preparation

60
mins

Cooking

15
mins

Serving & Presentation

5
mins

Total time:

80 MINUTES

METHOD

- 1 Combine yeast, water, milk and 1 tablespoon caster sugar in a bowl, cover and stand in a warm place for about 10 minutes or until frothy.
- 2 Sift flour into a large bowl and make a well.
- 3 Mix butter and egg into the yeast.
- 4 Pour yeast mixture into the flour and mix to form a soft dough.
- 5 Cover and leave to prove in a warm place for 30 minutes or until it doubles in size.
- 6 In a medium-sized bowl, combine ¼ cup caster sugar and cinnamon.
- 7 Turn dough onto a floured surface and knead for 5 minutes until smooth.
- 8 Divide dough into 12 portions and shape each into a ball.
- 9 Using an apple corer, cut out the centre of each ball to form the doughnut.
- 10 Deep-fry doughnuts in a frying pan with hot oil until well browned, turning over once (about 2–3 minutes on each side).
- 11 Drain on paper towel and then toss immediately in caster sugar and cinnamon mix.

tips & Techniques

You must check that your oil is the correct temperature before cooking begins. Do this by placing the end of a wooden spoon in the oil. If bubbles start to appear around the handle it is ready.

Watch that temperature! If your oil is too hot it will simply burn the outside and not cook the dough in the middle.

Doughnuts are best eaten fresh as they will become stale and dry by the following day.

You could also shape the dough into balls, cook and then use a squeeze bottle to fill with jam – hot jam doughnuts!

