

Cinnamon-Sugared Buttermilk Doughnuts

This recipe comes from “Baking Illustrated”, (The Editors of Cook’s Illustrated, 2004). This book is a comprehensive baking bible. Every recipe has been tested numerous times and the steps are easy to follow. In short, it’s a baking book that really works.

For frying the doughnuts you will need a candy thermometer that you can clip onto the side of the pot. The pot should be either cast iron or enameled cast iron as they retain the heat extremely well.

3 1/2 cups unbleached all-purpose flour , plus extra for rolling out dough

1 cup granulated sugar

1/2 teaspoon baking soda

2 teaspoons baking powder

1 teaspoon table salt

1 1/2 teaspoons fresh grated nutmeg

3/4 cup buttermilk

4 tablespoons unsalted butter , melted

2 large eggs

1 egg yolk

6 cups vegetable shortening for frying

1 cup granulated sugar

1 1/2 tablespoons ground cinnamon

1. Mix 1 cup flour, sugar, baking soda, baking powder, salt, and nutmeg in bowl of standing mixer fitted with paddle attachment.
2. Mix buttermilk, butter, and eggs in 2-cup Pyrex measuring cup. Add wet ingredients to the dry; beat on medium speed (number 4 setting on a Kitchen Aid) until smooth, about 30 seconds. Decrease speed to low (number 2 setting on a Kitchen Aid); add remaining flour and mix until just combined, about 30 seconds. Stir batter once or twice with wooden spoon or rubber spatula to ensure that all liquid is incorporated. (The dough will be moist and tacky, a cross between cake batter and cookie dough.)
3. Fit candy thermometer to side of cast-iron kettle or large, heavy-bottomed soup kettle; gradually heat shortening over medium-high heat to 375 degrees. Meanwhile, turn dough onto floured work surface. Roll with heavily floured rolling pin to 1/2-inch thickness. Using a heavily floured 3 inch diameter round cutter, cut out dough rounds, reflouring between cuts. Using a heavily floured 1 inch diameter round cutter, cut out doughnut centers. Transfer doughnuts to jelly roll pan or large wire rack. Gather scraps and gently press into disk; repeat rolling and stamping process until all

dough is used. (Cut doughnuts can be covered with plastic wrap and stored at room temperature up to 2 hours.)

4. Carefully drop doughnuts into the hot fat, 4 or 5 at a time, depending on the size of your deep fryer. As they rise to the surface, turn them with tongs, a Chinese skimmer, or a slotted spoon. Fry doughnuts until golden brown, about 50 seconds per side. Drain on paper towel lined baking sheet or wire rack. Repeat frying, returning the fat to proper temperature between batches.
5. 5. Mix sugar with cinnamon in small bowl. Cool doughnuts about 1 minute and toss with cinnamon sugar to coat.

Note: While traditional sufganiyot are jelly filled, I prefer plain doughnuts, coated in cinnamon sugar. However, if you just have to have a jelly filled doughnut, do not cut the center of the doughnut out. Fry as directed and when doughnuts have cooled slightly, fill a pastry bag, fitted with a ½ inch plain tip with the jelly of your choice. Using a wooden spoon, poke a hole in the side of the doughnut. Remove spoon and insert tip of pastry bag. Squeeze pastry bag and fill doughnut just until it begins to bulge slightly.