

Salt and Serenity

Pomegranate Glazed Doughnuts

Makes about 16 3-inch donuts.

Anna Olsen created the doughnut dough recipe. The glaze recipe was my creation.

Doughnut Dough

$\frac{2}{3}$ cup warm homogenized milk, just above body temperature (105° F)

2¼ teaspoons (1 package) instant dry yeast

$\frac{1}{3}$ cup sugar

3 eggs at room temperature

3½ cups all-purpose flour

1 teaspoon salt

$\frac{1}{2}$ cup unsalted butter at room temperature

vegetable oil, for frying

Glaze:

2 Tablespoons organic dried hibiscus flowers (optional)*see note

2 cups icing sugar, sifted

5 tablespoons pomegranate juice

$\frac{1}{2}$ teaspoon lemon juice

pinch of salt

edible gold glitter, optional

1. Add the milk, yeast, sugar and eggs to a bowl and blend slightly. Add the flour and salt and blend by hand or in a mixer fitted with the dough hook attachment. Immediately start adding the butter a bit at a time and continue to mix until the dough comes together. If using a mixer, continue to knead the dough until smooth and elastic, about 5 minutes. If mixing by hand, once the dough becomes too difficult to stir, turn it out onto a lightly floured surface and knead by hand until smooth and elastic. Place the dough into a lightly oiled bowl, cover the bowl with plastic wrap and let rise for at least 2 hours, or chill and let rise overnight in fridge.
2. Turn the risen dough out onto a lightly floured surface and roll it out to 1/3 inch thickness. Use a 3-inch donut cutter to cut out doughnuts, re-rolling the dough if needed. If you don't have a doughnut cutter that makes the hole in the middle, just use a round glass to cut the outside and a piping tip to make the inside circle. Place the doughnuts onto a parchment-lined baking tray, cover the tray with plastic wrap and let the doughnuts rise for 45 minutes, if using room temperature dough or for an hour if using a cold dough.
3. Pour the oil into a tabletop deep fryer (following manufacturer's instructions) or into a large, deep pot so that it is only filled about 3 inches high. Heat the oil to 340° F (use a candy thermometer if cooking doughnuts in a pot). Have a baking

tray lined with paper towel, with a cooling rack placed over it. Place a doughnut onto a slotted spoon and lower gently into the oil. Fit in as many doughnuts as you can, but with enough room that they have at least an inch between them. Fry the doughnuts for about 2-3 minutes, then flip over the fry for another 2-3 minutes. Use your slotted spoon to remove the doughnuts onto the cooling rack to drain.

4. Make the glaze: If using the dried hibiscus flowers, place them in a spice grinder or food processor with ½ cup powdered sugar. Process until flowers are finely ground. Sift ground flowers/icing sugar to get rid of any unground flowers. Place sifted hibiscus flowers, remaining 1½ cups powdered sugar, pomegranate juice, lemon juice and salt in a medium mixing bowl. Whisk until smooth. Cover with plastic wrap if not using right away.
5. Place a cooling rack over a baking sheet to catch the drips while glazing. Once doughnuts have cooled, dip the tops in glaze. Set on rack to firm up. If using the edible gold glitter, use a small spoon or tweezers to scatter on top of the glaze while still wet. If you try to use your fingers to scatter the glitter, it will just stick to your fingers.

Doughnuts are best served the same day they are made.

*Note: Dried organic hibiscus flowers are available online. You could also use loose hibiscus tea. The hibiscus flowers give the glaze a more vibrant colour than just the pomegranate juice alone