

Boston Cream Donuts



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Recipe by: Laura Vitale

Makes 8 to 10

Prep Time: 30 minutes
Cook Time: 10 minutes

Ingredients

For the donuts:

__ 2 1/2 cups of All Purpose Flour, plus a bit more if the dough is sticky
__ 1 (7gr) Envelope of Yeast
__ 3 Tbsp of Granulated Sugar
__ 3/4 cups of Whole Milk, warmed to about 115 degrees
__ 2 Tbsp of Unsalted Butter, melted
__ 2 Tbsp of Shortening, melted
__ 1 Egg
__ 1/2 tsp of Salt

For the Custard:

__ 1 cup of Whole Milk
__ 2 1/2 Tbsp of All Purpose Flour
__ 2 Tbsp of Granulated Sugar
__ 1 Egg Yolk
__ 1 tsp of Vanilla Paste
__ Small Pinch of Salt

For the Topping:

__ 4 ounces of Semisweet Chocolate Chips
__ 1/3 cup of Heavy Cream
__ 1/4 tsp of Salt

1) In a small bowl, add the warm milk and sprinkle over 1 tsp of sugar and the yeast. Allow the yeast to proof for about 5 minutes or until it starts to foam.

2) In the bowl of a standing mixer, add the sugar, eggs, salt, melted butter and shortening, mix either by hand or with a dough hook. Add the yeast mixture and incorporate it in.

3) Add the flour, mix on low until the flour is incorporated, increase the speed to medium and mix the dough for about 4 to 5 minutes or until the dough is nice and smooth.

4) Place the dough into a greased bowl, cover with plastic wrap and place it somewhere warm to double in size (this can take about 2 to 3 hours). Meanwhile, make the custard.

5) Add all your custard ingredients in a large saucepan and with the heat turned off, whisk them all together to combine.

6) Place your custard over medium heat and cook it, stirring the whole time until the custard thickens. Strain it through a fine sieve into a bowl, cover the custard with plastic wrap (make sure the plastic wrap is touching the custard) and pop it in the fridge completely.

7) Once the dough has risen, proceed with the donuts.

8) Dump the dough onto a floured surface, punch it down, roll it out to a 1/2 inch thickness.

9) Line a couple of baking sheets with parchment paper and sprinkle some flour on each one.

10) Using a 3.5 biscuit cutter, cut out your donuts, place them on your baking sheets, placing them a couple inches apart, cover them with a lint free towel and let them rise in a warm place for about half an hour or until doubled again.

11) Add enough oil to a dutch oven so it comes half way up the sides of the pot, allow it to come up to 350 degrees.

12) Once the donuts have risen, gently lower them into the hot oil and fry them for about 3 minutes on each side or until puffed and golden brown. Take them out of the hot oil and place them on a paper towel lined baking sheet to drain the excess oil.

13) While the donuts cool a bit, make the ganache.

14) Heat the cream in a small pan over medium heat until just below boiling point.

15) Pour the heated cream over the chocolate chips and let sit for 1 minute, whisk it all together until the chocolate is fully melted.

16) To assemble, using a piping bag fitted with a plain round tip (about 1/4 inch round tip) squeeze about 1 Tbsp (or more) of the custard into each donut. Simply choose one side and stick the piping tip about halfway in and squeeze out the cream.

17) Swirl the top of the donut in the ganache and allow them to sit and rest for about 10 minutes before serving.

