

Apple Fritter Doughnuts



Scan Code To Watch
Video!



Recipe by: Laura Vitale

Makes about a dozen

Prep Time: 30 minutes
Cook Time: 20 minutes

Ingredients

For the dough:

- 2-1/2 cups of all Purpose Flour
- 1/3 cup of Granulated Sugar
- 1/2 tsp of Salt
- 2-1/4 tsp of Active Dry Yeast
- 3/4 cup of Warm Milk, around 115 degrees
- 1/4 cup of Unsalted Butter, melted
- 1 Egg

—

For the filling:

- 2 Apples, peeled and diced
- 1/3 cup of Brown Sugar
- 1 tsp of Cinnamon
- 1 Tbsp of Butter
- 3 Tbsp of All Purpose Flour
- Cinnamon Sugar for coating

1) In a small bowl, add the milk, yeast and one teaspoon of flour, set aside for a few minutes or until foamy.

2) In the bowl of a standing mixer fitted with a dough hook, add the flour, sugar, salt, egg, butter and yeast mixture, knead on medium speed for several minutes or until you dough becomes nice and smooth. Place in an oiled bowl, cover and allow to rise in a warm spot until doubled in size.



3) Meanwhile, make the filling by adding the apples, sugar, butter and cinnamon to a large skillet, cook for about 4 to 5 minutes or until the mixture is bubbly and the apples have softened a bit, then slowly add the flour while stirring and cook until the juices become really thick, allow to cool completely.

4) Once the dough has risen, dump it on a lightly floured surface, cut into small squares (I simply do this by cutting 12 strips then cutting them into small pieces) pop them back in the standing mixer fitted with a paddle attachment, add the cooled apple filling, mix quickly to incorporate everything together and add a couple tbsp of flour as it mixes.

5) Form into 2 ounce free-form patties (watch video to see how I do this) place them on a parchment paper lined baking sheet that's been sprinkled with flour, sprinkle a touch more flour on top of each one, loosely cover with a lint free towel and allow them to rise until about doubled.

6) Fry the fritters in some hot vegetable oil (at 350 degrees) for a few minutes on each side, drain on a paper towel lined platter, then dip in cinnamon sugar and dig in!