

Jelly Donut



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Recipe by: Laura Vitale

Makes about 20

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients

__ 5 cups of All Purpose Flour, plus a bit more if the dough is sticky

__ 2 (7gr) Envelopes of Yeast

__ 1/3 cup of Granulated Sugar

__ 1-1/2 cups of Whole Milk, warmed to about 115 degrees

__ 1/4 cup of Unsalted Butter, melted

__ 1/4 cup of Shortening, melted

__ 2 Eggs

__ 3/4 tsp of Salt

__ About 3/4 cup of Jelly of your choice

__ 2 cups of Granulated Sugar for coating the donuts

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).

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

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

7) 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 spot for about half an hour or until doubled again.

8) 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.

9) 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.

10) Coat the hot donuts in the sugar and allow them to cool enough to handle.

11) Using a piping bag fitted with a plain round tip (about 1/4 inch round tip) squeeze about 1 Tbsp (or more) of your choice of preserve in each donut. Simply choose one side and stick the piping tip about half way in and squeeze out the preserves.

12) Eat them right away to really appreciate the gloriousness that is the perfect jelly donut!

