

Easy Donuts

Soft donuts from your favorite enriched bread dough

Ingredients

- 510 g wheat berries, hard
- 340 g water, cold
- 50 g sugar, granulated
- 50 g butter
- 12 g yeast
- 33 g water, boiling
- 6 g sea salt
- 10 g lemon, juice (1/8 tsp vitamin c powder (optional))

GLAZE INGREDIENTS:

Directions

1. Mill the flour on the finest setting for your mill.
2. Make the Yudane: mix 17 g of flour (2 tbsp) and mix it with the 33 g of boiling water in a small dish.
3. Add water, Yudane, and sugar to a mixing bowl and begin mixing on low speed.
4. Slowly add the remainder of flour to the mixing bowl as it spins, being careful to keep hands and utensils out of the mixing bowl, and let mix for about 5-7 minutes.
5. Sprinkle the yeast, salt, and vitamin c into the dough, and let it mix for another few minutes until a windowpane consistency has been reached. This is done by turning off the mixer, and gently and slowly stretching the dough to see if light can be seen through it before breaking. If so, you've reached windowpane, and can move on. If your dough looks tough or dry, you can slowly drizzle water in during the mixing until it is a consistency you like.
6. First Rise (optional): Let the dough rise, covered, until doubled.
7. Punch down the dough doesn't mean literally punch it, but you can if you like. Gently pull up on one side of the dough, and gently press it into the center of the dough ball. Turn the bowl by a quarter, and repeat until you've done this 4 times. This helps ensure a consistent dough temperature.
8. Roll out dough to 1/2 inch thick, and cut with a biscuit cutter. If you've got a smaller circle cutter, use that to cut out the holes. Alternatively, make a whole batch of donut holes with a shot glass or 1" diameter cutter. My favorite!
9. Heat oil in a pan on the stove, with plenty of room for the oil to rise when you drop the dough into it. Heat the oil to 375 F. I used grass fed beef tallow. You use what you like.
10. Lower one or two donuts at a time to the hot oil, making sure to MAINTAIN 375 F so your donuts cook but don't get soggy from the fat. Let them cook until they darken in color. If they are a light golden brown like donuts from the store, they are NOT done. Whole grains cook darker. They won't be burnt, they will be delicious.
11. Set the cooked donuts on a baking sheet, and dip into or drizzle glaze over them. You could also roll them into a mixture of cinnamon and sugar, one of my faves. Powdered sugar is another option! If you know how to melt chocolate, you could dip them partially into that. So many options!
12. Let cool, and enjoy! I don't blame you if you eat some hot.

Notes