



*Preparation: 2 hours*

*Cook time: 25 minutes*


## THE PERFECT YEAST DONUTS

### Ingredients

- 6 tbsp water
- 5 oz buttermilk (at room temperature)
- 1 egg, beaten
- 2 oz (57 g) butter, melted
- 16 oz (454 g) all-purpose flour
- 2 oz (57 g) sugar
- 1 tsp salt
- 1 1/2 tsp (5 g) regular or quick-rise yeast (one and a 1/2 teaspoons)
- oil for frying (I used vegetable oil)
- Ingredients for topping



1. Place the dry ingredients in a mixer bowl. Put 6 tbsp of lukewarm water in a cup and sprinkle the yeast on top, set aside for about 5 minutes, until the yeast begins to react (you can add a pinch of sugar to help it). Make a well in the center of the dry ingredients, then pour in the buttermilk, egg, melted butter and yeast mixture. If you don't have buttermilk, use regular milk (not skim) and a 1/2 tsp of vinegar or lemon juice. If using a stand mixer, run with the dough hook until a dough forms then continue for about 5 minutes. By hand, knead for about 10 minutes. Cover and set aside until at least doubled in size.



2. Once the dough has doubled, place it on a floured surface and knead lightly. Divide it in half, keeping half the dough covered, so it doesn't form a skin. With a rolling pin, roll out half of the dough to about 1/2" thickness. Cut with a round, sharp cookie cutter (about 3" diameter) then make the holes with a smaller cookie cutter (about 1" diameter), saving the holes. Repeat with the other half of the dough (or make different shapes of your liking).

3. Place each doughnut on a piece of parchment or waxed paper, then place on a cookie sheet. Turn your oven on to create some heat, then cover the doughnuts with a towel or plastic wrap to keep the doughnuts hydrated and warm. Allow doughnuts to double in size.

4 Heat the oil to about 350°F. If you don't have a thermometer test the oil with a doughnut hole: if it doesn't start frying immediately, the oil is too cold, if the hole turns brown right away, the oil is too hot. Adjust the heat accordingly.

5. Drop the doughnuts into the hot oil CAREFULLY. Turn them over as soon as they become golden brown on the underside, and remove them and place on a paper towel lined platter once they are ready.

6. When the doughnuts have cooled, roll them in sugar to coat evenly. Make your glaze and coat each doughnut evenly, allowing them to drip dry on a wire rack.