



Some people say the doughnuts were created in Holland in the 17th century and were taken to the USA by emigrants. Why doughnuts have a hole? Punching a hole in the middle of the dough allows the insides and the outsides to cook evenly. In this recipe, yeast is used to cause leavening, and is important to let the dough rise.

NUTELLA, TOFFEE OR JAM FILLED DOUGHNUTS

= SERVES 12 =



KITCHENWARE

1 glass or cup
1 big bowl.
1 small bowl.
1 medium frying pan.
1 rolling pin.
1 plate.
Piping bags and piping tips.
Cling film.
Baking paper.
Kitchen paper.

FOR THE DOUGHNUTS

250g bread flour.
12,5g fresh yeast.
75ml lukewarm milk.
50ml lukewarm water.

1. Preheat oven to 50°.
2. In a glass with milk and water, dissolve the yeast. Reserve.
3. Mix the dry ingredients in a big bowl: flour, sugar and salt.
4. Add egg and butter and mix with your hands.
5. Finally add the yeast. After the dough comes together in the mixing bowl, knead it for two minutes.
6. Cover it with cling film.
7. Let the dough rise until it doubles its size. It can take 2 hours at room temperature. To shorten this time, place the dough inside the warm oven for ½ hour.
8. Prepare squares with the baking paper.
9. Roll the dough out to 15mm.

25g butter at room temperature.
40g sugar, (plus for coating).
A pinch of salt.
½ beaten egg.
Sunflower oil for frying.

FOR THE FILLING

Nutella.
Raspberry Jam.
Toffee or caramel cream.

10. Cut the doughnuts using a 7cm cutter.
11. Place doughnuts on baking paper on the baking sheet and allow them to rest for 20m in the oven as you prepare the fillings.
12. Prepare the piping bags with its piping tips, one for each filling.
13. Spoon the nutella, jam or toffee in their piping bag. Reserve.
14. Heat the oil in a frying pan at medium temperature.
15. Fry the doughnuts using baking paper, so you don't ruin its shape. Discard the paper. Fry 2 - 3 doughnuts at a time. Cook for 1 minute on each side.
16. Drain the fried doughnuts on kitchen paper and coat them with sugar while they are hot.
17. Poke a hole in the side of each doughnut and pipe the filling of your choice.

enjoy!