

Doughnuts

Ingredients for Doughnuts:

225g Strong White Bread Flour
90ml Milk
40g Golden Caster Sugar
40g Unsalted Butter, Softened
4 - 5 Tablespoons Jam / Lemon Curd
1 Packet (7g) Easy Blend Dried Yeast
1 Egg, Lightly Beaten
¼ Teaspoon Salt



Please bring a container to take your doughnuts home in.

Ingredients for Sugar Coating:

25g Unsalted Butter, Melted
6 Tablespoons Caster Sugar



Method:

1. Preheat the oven to 180°C or Gas Mark 4.
2. Line a baking tray with baking paper.
3. Weigh and measure out all ingredients accurately.
4. Add the milk in a small saucepan, place on the front of the hob. Heat the milk until just below boiling point. Remove the saucepan from the heat and place on a pan stand. Transfer the milk to a measuring jug and cool to no more than 40°C. Use a food probe to check the temperature.
5. Add 1 tablespoon of the sugar and the packet of dried yeast to the milk.
6. Whisk with a fork and then leave in a warm place for 5 minutes until the yeast has formed a thick foam on top of the milk.
7. Into a large mixing bowl, sieve the flour, add the remaining sugar and salt.
8. Crack an egg into a small bowl and beat with a fork.
9. Make a well in the middle of the dry ingredients and add the beaten egg, softened butter and yeasty milk mixture. Mix until the mixture forms a soft dough.
10. Tip out the bowl and knead for 5 - 10 minutes until the dough is smooth and elastic. The dough will be on the sticky side.
11. Form into a ball and return it to a clean bowl, cover with oiled cling-film and leave in a warm place (the grill compartment of the oven) until it has doubled in size.
12. Once the dough has doubled in size, put the dough onto the work surface and knead lightly again for 30 seconds.
13. The dough needs to be portioned into equal sized pieces:
 - To make circular doughnuts shape the dough into small equal sized balls.
 - To make ring doughnuts, roll the dough out to a thickness of about 1cm and use a 5 - 6cm plain round cutter to cut out circles. You will need to use a smaller cutter to cut out the circle in the middle of the dough.
14. Transfer the shaped dough to the baking tray covered in baking paper. Make sure you leave plenty of space between each doughnut.
15. Cover loosely with oiled cling-film and leave in a warm place until doubled in size. Once doubled in size remove the cling-film.
16. Bake the doughnuts for about 8 to 12 minutes or until golden brown. Do not overcook.
17. While the doughnuts are cooking melt the butter for the sugar glaze, do this by placing a small saucepan at the front of the hob, adding the butter and gently heating.
18. Place the sugar in a large bowl.
19. Remove the doughnuts from the oven and brush the doughnuts with the melted butter, toss in the sugar and leave to cool for 15 minutes.
20. Spoon the jam / lemon curd into a piping bag or piping bottle. Use a skewer to make a hole in the side of each doughnut, push the piping bag nozzle into the hole and fill with about a dessert spoon of jam / lemon curd.
21. Serve warm or cold.

