

Doughnuts with Homemade Jam



Ingredients for Doughnuts:

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



Please bring a container to take your doughnuts home in.

You will also need a clean jar to store your jam in.

Ingredients for Sugar Coating:

25g Unsalted Butter, Melted
6 Tablespoons Caster Sugar

Ingredients for Jam:

1kg Raspberries / Strawberries / Blackcurrants / Mixed Fruits
Juice of 1 Lemon
1kg Bag of Jam Sugar (the one with pectin added)

Method:

1. To make the jam: Preheat the oven to 100°C or Gas Mark 1.
2. Wash the jar thoroughly and dry them out.
3. Place the jar on a baking tray and warm them in the oven to sterilize them.
4. Place the fruit and sugar into a saucepan and add the lemon juice.
5. Mash the fruit to a pulp using a potato masher in the saucepan. Place the saucepan on the front of the hob and heat over a low heat and cook for 5 minutes. Continually stir with a white plastic spoon.
6. Bring to the boil and boil rapidly for approximately 5 – 10 minutes. Heat until the jam start to form into a gel like consistency.
7. Once the jam is ready, pour into the sterilised jars.
8. Place a circle of greaseproof paper on top of the jam and seal the jar. It will keep unopened for a year, although the lovely bright colour will darken a little. Once open, keep in the fridge.
9. Increase the oven temperature to 180°C or Gas Mark 4, this is to cook the doughnuts.
10. Line a baking tray with baking paper.
11. Weigh and measure out all ingredients accurately.
12. Place a saucepan at the front of the hob. DO NOT turn on.
13. Add the milk to the saucepan and heat until just below boiling point, DO NOT boil. Remove the saucepan from the heat and place on a pan stand. Transfer the milk to a small plastic bowl, cool the milk to no more than 40°C, use a food probe to check this.
14. Add 1 tablespoon of golden caster sugar and the packet of dried yeast to the milk.
15. Mix and then leave in a warm place for 5 minutes until the yeast has formed a thick foam on top of the milk.
16. Into a large mixing bowl, sieve the strong white bread flour, remaining golden caster sugar and salt.
17. Into a small bowl, crack the egg, beat with a fork.
18. Place the butter in a small bowl and soften with a white plastic stirring spoon.
19. Make a well in the middle of the dry ingredients and slowly add the beaten egg, softened butter and yeasty milk mixture, you may not need to add it all. Mix with a round bladed knife until the mixture forms a soft dough.
20. Lightly flour the work surface using a flour dredger.
21. Tip the dough out the bowl onto the lightly floured work surface and knead for 5 to 10 minutes until the dough is smooth and elastic. The dough will be on the sticky side so do not add too much flour.
22. Form into a ball and return it to a large 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.
23. Once the dough has doubled in size, put the dough onto the work surface and knead lightly again for 30 seconds.
24. 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.
25. Transfer the shaped dough to the baking tray covered in baking paper. Make sure you leave plenty of space between each doughnut.
26. Cover loosely with oiled cling-film and leave in a warm place until doubled in size. Once doubled in size remove the cling-film.
27. Bake the doughnuts for about 8 to 12 minutes or until golden brown. Do not overcook.
28. While the doughnuts are cooking: wash the saucepan you used to heat the milk and place the saucepan at the front of the hob, DO NOT turn on,
29. Add the butter and melt on a low heat, this is for the sugar glaze.
30. Place the sugar in a large bowl.
31. Remove the doughnuts from the oven and use t pastry brush to brush the doughnuts with the melted butter, toss in the caster sugar and leave to cool for 15 minutes.
32. Spoon the jam 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 dessertspoon of jam.
33. Serve warm or cold.

