



★ HOMEMADE ★
DOUGHNUTS

TECHNIQUES AND RECIPES

FOR MAKING SUBLIME DOUGHNUTS
IN YOUR HOME KITCHEN

KAMAL GRANT



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KAMAL GRANT

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“I got into this business because I love sweets. Sweets make people happy, and my culinary career is dedicated to spreading joy and doughnut love”

Kamal Grant

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“The donut is the street thug of the pastry world, strutting past Madeline and Éclair.”

Patrick Kuh, *Los Angeles* magazine

INTRODUCTION

COMMUNITY IS VERY OFTEN FORMED AROUND FOOD. The simple act of “breaking bread” with another person can significantly impact the quality of our social interactions. We sit down at the dinner table with our families to share a meal and the details of our days. We have lunch with new colleagues to help create a bond that extends beyond business. And sometimes, we gather around a box of doughnuts at our church, local community center, or workplace conference room to experience a sense of camaraderie and to tackle a project.

Anthropologists have long understood that eating is among the most social acts that people have shared throughout time. As Paul R. Mullins explains in *Glazed America: A History of the Doughnut*, “The moment our earliest hominid relatives gathered at central base camps and began to share food production and consumption was a critical juncture that did not simply ensure our literal survival; the acquisition, distribution, and consumption of food established a social framework within which labor roles, kin relations, and even group identity began to coalesce.” But, even as our social structures evolve due to changes in labor and family dynamics, and access to microwavable meals, fast food, and meal delivery services—all changes that affect the shared experience of meal preparation and consumption—*doughnuts* still have a remarkable ability to bring people together. Perhaps this is why they come by the dozen.

So what makes the doughnut so special? When I was growing up, I remember that my mom would bring home Dunkin’ Donuts to me and my brother as a special treat. There was such excitement around it, as we negotiated (okay, maybe wrestled) over the last twisted yeast doughnut. I don’t remember anyone at the time making doughnuts at home. Making doughnuts can be a lot of work, and with the rise of chains such as Dunkin’ Donuts and Krispy Kreme, access to doughnuts became easy and inexpensive, and a simple way to bring joy to any occasion. Years later, in my high school home economics class, my teacher would show us how to make “monkey bread,” a messy collection of dough covered with cinnamon and sugar and baked. Being a sweet lover, I was hooked. I later experimented with frying canned biscuit dough at home to make my first doughnuts—the beginning of my fascination with the pastry.

Making doughnuts at home can be a cumbersome undertaking for the novice baker and even though my livelihood is based on people like you coming to my shop, Sublime Doughnuts, it behooves me as a fan and passionate advocate of this pastry (the “thug of the pasty world”) to share my knowledge and experience to help you create these “sublime” treats in your own home. I got into this business because I love sweets. Sweets make people happy, and my culinary career is dedicated to spreading joy.

I encourage you to use this book as a guide to understand the building blocks of baking science. Once you master the basic techniques and recipes, you will be creating your own unique flavors to share with family and friends.

Thanks for spreading doughnut love!



“The sight of all those doughnuts marching solemnly to their fate makes me proud to be an American.”

Nora Ephron, on her visit to New York’s first Krispy Kreme franchise

CHAPTER 1

THE HISTORY OF THE DOUGHNUT

DOUGHNUTS HAVE A RICH HISTORY in almost every culture since the beginning of time. As soon as people were able to fry dough, they began making their own variations. “Olive oils, animal fats, and other vegetable oils would have been suitable for frying grains, and a vast range of places can make a claim to early fried treats,” says anthropologist Paul R. Mullins in *Glazed America: A History of the Doughnut*. From fried dough balls dusted with powdered sugar in the Horn of Africa to fried dough soaked in yogurt and sprinkled with vegetables and spices in India, Mullins explains, “All of the sweet fried pastries that emerged throughout the world are relatives to the doughnut, but they are distinguished by shape, seasonings, ingredients, or preparation techniques. The northern Mexican pastry known as the *sopapilla*, for instance, is a flat flour crescent that can accompany a meal or be a dessert when garnished with honey, powdered sugar, or cinnamon.”

The actual term *doughnut* is believed to have been first written by Washington Irving in his 1809 *A History of New York*. In describing the food at New York parties he wrote, “Sometimes the table was graced with immense apple pies, or saucers full of preserved peaches and pears; but it was always sure to boast an enormous dish of balls of sweetened dough, fried in hog’s fat, and called *doughnuts*, or *olykoeks*—a delicious kind of cake, at present, scarcely known in the city, except in genuine Dutch families; but which retains its pre-eminent station at the tea tables in Albany.” Most stories of the doughnut’s origin align with the connection that Washington Irving established with the “genuine Dutch.” However, there are many competing claims, linking the origin of the doughnut to the Pilgrims on the *Mayflower* all the way to the Spanish royal court of the 1620s.

Toby J. Swaford explains how the doughnut got its shape, on the Fort Collins Museum & Discovery Science Center blog: “Legends surrounding the particular geometry of the doughnut largely center on Elizabeth Gregory and her son, Captain Hanson Crockett Gregory. Elizabeth was well known for her *olykoeks* and her recipe included the use of spices and a filling of hazelnuts or walnuts. Before he began a long voyage, Elizabeth would provide her son with a large supply of *olykoeks*. She also gave a copy of her recipe to the ship’s cook so that he could make more for Captain Gregory and his crew. According to the Captain, he improvised a method of holding his snack as he steered through rough seas, by impaling the doughnuts on the ship’s wheel, thus creating the first doughnuts with holes. Another version of the story indicates that Hanson Gregory simply didn’t like the nuts and poked them out of the cakes before eating them. Either way, the ship’s cook is reported to have made his doughnuts with the middle punched out using the lid of a round pepper tin. Captain

Officers at a USO club ca. 1942 enjoying doughnuts, USA, “A Home Away from Home” USO club operated by the Salvation Army

Salvation Army making doughnuts under bombardment of German guns, Front Line France, postcard from *Chicago Daily News* 1918



Gregory is quoted in the *Boston Post* as creating 'The first dough-nut hole ever seen by mortal eyes.' Regardless of its origins, the hole provides that signature doughnut shape."

By the early twentieth century, the doughnut was firmly established as an American favorite. They even found their way onto the battlefields of France during the First World War, when members of the Salvation

Army provided coffee and doughnuts to American soldiers as a comfortable reminder of home. Mullins explains, "The women at first planned to make pies, but their camps had few reliable stoves and scarce raw materials—sugar, flour, and baking powder were the bulk of the cupboard. While a couple of them tried to produce pies, Helen Purviance began to prepare fried dough, noting that 'I was literally on my knees when those first doughnuts were fried, seven at a time, in a small frying pan. There was also a prayer in my heart that somehow this home touch would do more for those who ate the doughnuts than satisfy a physical hunger.' The women's water-soaked tent collapsed on the first day of doughnut cooking, but Purviance later remembered that their doughnuts 'didn't even have time to cool before they were eaten.' Salvation Army women quickly began distributing the doughnuts and coffee along the line, and the distinctive smell pervaded the trenches and brought many more soldiers to the 'Doughnut Girls.'... One soldier reported that 'The Salvation Army has a nice hut where we can get real, honest American cocoa, pies, and doughnuts made by American girls. Gee, but they taste good!' Along the trenches doughnuts became important treats that reminded soldiers of home, wives, and mothers and fortified troops in the face of war. The women were soon reportedly making as many as nine thousand doughnuts a day, and by war's end Purviance estimated that she had handed out more than a million."

★ DOUGHNUT TRIVIA ★

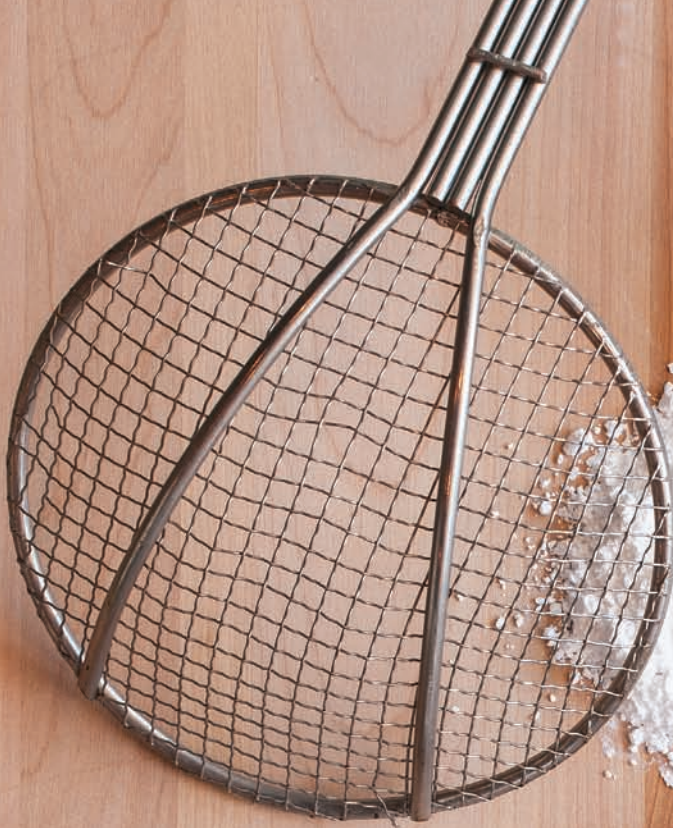
The first Friday in the month of June is National Doughnut Day. The event was initiated by the Chicago Salvation Army in 1938 to celebrate the Salvation Army lassies who volunteered their cooking skills in Europe. One of the favored foods they made for the hungry troops was doughnuts.

Donut Day began on June 4, 1938, as a way to thank the volunteers that had served in the First World War and as a fundraiser for the Chicago Salvation Army's fight against hunger in the Depression Era. Not even the Great Depression could slow the American demand for the doughnut, with doughnuts being relatively inexpensive to make, as well as a filling food for the consumer. The Doughnut Corporation of America's own data indicate that doughnuts increased in popularity from the Depression through the war, with U.S. consumption rising from 1.26 billion doughnuts in 1933 to 3.96 billion in 1939.

Around this time, doughnut flavor options were limited. Most bakeries offered vanilla or chocolate. Bill Rosenberg changed the doughnut landscape with the launch of Dunkin' Donuts. Rosenberg already had a successful catering business and company, selling ten-cent coffee—twice the average price, but marketed as the “world's best.” Rosenberg had watched the Howard Johnson franchise model develop, evolving from an ice cream shop, to a restaurant, and then to a hotel, and he wanted to do something similar. At first, doughnuts weren't Rosenberg's primary objective. He just saw them as a way to sell more coffee. As Dunkin' Donuts created new flavors, though, a doughnut renaissance happened—doughnuts became the first pastry to break out of a bakery and occupy its own commercial space. Today, we see doughnut enthusiasts (some featured later in this book) picking up the mantle to create original flavors in an artisanal manner.

Doughnut chains began to rise in the United States, but none with the particular “theatrical” quality as Krispy Kreme. Krispy Kreme allows patrons to watch the entire doughnut-making process, automated from start to finish, and then taste the freshly made hot treat. Our fondness for the doughnut obviously lies in the taste, but perhaps also in the sentiment they stir in us. As the *San Francisco Chronicle* explains in “The Hole Story,” “Retro aesthetics and ambiguous heritage heighten the doughnut's capacity to evoke childhood and family experiences. A California consumer seemed transported back to her youth when she said, ‘I remember clearly when I was very young biting into a warm doughnut. If there's anything better in the world than a warm doughnut, I don't know what it is.’”

The influence of a culturally and ethnically diverse American population undoubtedly helped create the doughnut that we are familiar with today—a sweet treat whose fans cross cultural and socioeconomic lines. One only needs to walk into a local doughnut shop to see the broad spectrum of people from diverse backgrounds that the doughnut attracts. Executives stand in line right next to construction workers, both intent on providing sustenance and a morale boost to their employees. College students gather for a sweet sugar high and last-minute study session before a big test, and others savor a fairly priced breakfast while they leisurely enjoy the newspaper.



CHAPTER 2

DOUGHNUT BASICS: INGREDIENTS & EQUIPMENT

It has been exciting to watch the foodie revolution that has occurred with the rise of bloggers and food-centered programs featured on channels such as The Food Network. Here in Atlanta, we have a number of restaurants owned and operated by Top Chef competitors and winners. The increase in this rich and diverse culinary talent has raised the bar for all chefs. Now people want more than a good-tasting product. They want unique and creative flavor combinations and beautifully presented meals. And you can be a part of this revolution: understanding the science behind the ingredients that you use to create your own doughnuts, as well as the range of techniques that you can employ in the baking process to create a tasty and aesthetically appealing doughnut, will help you take your doughnuts (and hopefully all of your cooking endeavors) to the next level of excellence!

INGREDIENTS AND HOW THEY WORK

In this section, I will teach you about the science behind the ingredients. As you grow as a baker, you can use this information to troubleshoot problems and create your own recipes.



FLOUR: Wheat flour is the building block of all baked goods. Flour contains proteins that, when mixed with water, forms gluten, which has the ability to hold its shape. It can be elastic (having the ability to bounce back) and extensible (having the ability to stretch without breaking) at the same time.

WATER: Water is the second most important ingredient in dough because it hydrates the flour, which is necessary for a moist product. Water can help control the temperature of the dough, the feel of the dough, and ultimately the moisture and softness of the finished product. You don't want to make bricks and you don't want to make pancakes, but somewhere in between you will find the perfect doughnut.

Water represents approximately 40 percent of the end dough mass. If your dough is not coming out correctly, you may want to investigate your "water hardness," or the mineral content. It is important to make sure that your water quality is high, and ideally at a level of "medium hardness" (50 parts per million of mineral salt). Too much mineral salt in the water will interact with the yeast in the dough, slowing fermentation and causing the dough to become too sticky or "slack."

SUGAR: When added to dough, sugar contributes a number of things. It's food for the yeast. In the mixing process, sugar breaks down (becomes hydrolyzed) and turns into glucose and fructose, which are then readily available for the yeast to eat, creating the gasses that make the dough rise and become tender. The residual sugar that is left over adds to the crust color; holds a lot of moisture, creating a softer end product that keeps longer; and adds a sweet flavor, enhancing the baked good's flavor and aroma.

FAT (BUTTER, SHORTENING, OIL): Doughnuts are different from other baked goods because they are submerged in a heated, edible fat rather than baked. You want to choose a high-quality, tasty fat, such as peanut or canola oil because it will be a part of the deliciousness of the final product. Fat also creates a tender, soft product. Too much fat in the dough will make the doughnut absorb more fat when fried, so it is important to make sure you have the correct amount of fat in the dough and that it is being fried at



the correct temperature. When the doughnut cools, the fat also acts as a barrier to moisture, preventing the doughnut from getting stale.

MILK: When dealing with milk, especially with dough, you have to heat it or scald it because unheated milk results in a slack dough that doesn't rise enough. When you heat milk, the proteins eliminate this problem. Also, milk contains lactose, which acts as a reducing agent and is un-fermentable, so it won't be fermented by the yeast the way sucrose will. Sucrose gets broken down into glucose, which can be fermented by the yeast, but lactose doesn't, so it will be a residual sugar left over in the dough. This helps with the crust color. If you are using dry milk, it will increase water absorption, so, you may need to add more water to the dough. Milk also strengthens the dough, giving it a better fermentation tolerance.

SALT: The most common salt used by bakers is sodium chloride (NaCl). Salt enhances



flavor. It increases the perception of sweetness and imparts a greater fullness to the mouth, while suppressing bitterness. Salt also gives the gluten strength and fermentation tolerance. Bakers add salt at the end because you can mix half as long to get the same results. Salt can also have a negative effect on yeast, slowing it down by sucking the active water from the yeast and reducing gasses necessary to rise. I prefer to use sea salt because it has a lot of trace minerals and a more complex flavor. Note: When using different types of salt (flakes, granules, etc.), it is more accurate to weigh it rather than measuring it by volume.

EGGS: Eggs give the dough its color and taste, increase the product's nutritional value, and help bind all of the ingredients together. The protein in the egg whites help with the Maillard reaction, giving the doughnut a good crust color, while the yolk gives the doughnut a golden crumb color.



BAKING SODA: Baking soda, or sodium bicarbonate (NaHCO_3), is an alkaline that when combined with an acid (such as buttermilk, lemon juice, or sour cream) reacts to release carbon dioxide, causing a batter to expand and makes for a lighter product.

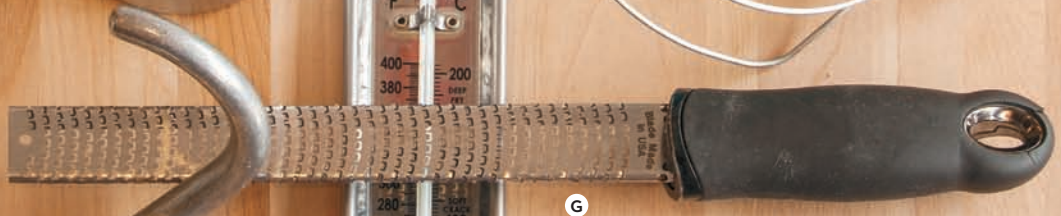
BAKING POWDER: Baking powder is the combination of baking soda and an acid (such as tartaric acid, or cream of tartar) that you can add to a batter to make it leaven and expand when you do not already have an acidic substance (such as buttermilk, lemon juice, or sour cream) in the recipe. There are two types of commonly used baking powders: 1) single acting, which reacts as soon as it is mixed with water, and 2) double acting, which reacts with water and then again at a high cooking temperature so that you can have an additional rise when the product reaches its baking zone—either the fryer or the oven.



YEAST: Baker's yeast is known as *Saccharomyces cerevisiae*. It is a natural leavener, as it is a living organism—a bacteria that eats fermentable sugars in the dough and emits carbon dioxide and ethanol, which makes dough rise. When you are referring to a “yeast-raised” doughnut this is how it gets its light, fluffy texture. For most of the recipes in this book, you will be using instant (rapid rise) yeast because it is a more efficient product that does not need refrigeration and mixes easily with dry ingredients (as opposed to active dry yeast, or compressed or fresh yeast).

POTATO FLOUR (OR POTATOES): Potato flour is added to a dough to increase the moisture of the product, preventing it from becoming stale quickly. Potatoes can hold a lot more water weight than flour can, so you end up with a lighter, more tender product.





EQUIPMENT

There are many different tools that you can use while baking. Some equipment substantially eases the process, but as you progress in baking, you will see that there is also much that you can do with your own hands. The tools and the methods that you use may change as you become more familiar with working with dough and the baking process.

- A. Rolling pin
- B. Paddle mixer attachment
- C. Spray bottle
- D. Doughnut cutter
- E. Candy thermometer
- F. Whip mixer attachment
- G. Zester
- H. Bench scraper
- I. Chopsticks
- J. Spider skimmer
- K. Dough hook mixer attachment

DOUGH MIXER: A dough mixer, available in household or industrial versions, is an appliance used for kneading large quantities of dough. It is electrical, with timers and various controls to suit the user's needs. The special features could include:

- High speed, low speed, and bowl reverse
- A kneading bar in the center of the bowl

TABLE: You will need a sturdy table or counter surface to prepare doughnuts. Wood and marble are preferable surfaces because they are smooth, flat, and easy to roll dough on, as opposed to other surfaces (steel, etc.) that can warp and become uneven. Lightly dust the table with flour to prevent the doughnuts from sticking to the surface.

ROLLING PIN: A rolling pin is a cylindrical utensil used to shape and flatten dough. There are two styles of rolling pin: rollers and rods (a.k.a. the French rolling pin). A roller has handles and an interior with ball bearings that make it easy to spread out the dough evenly while applying less pressure and maintaining a firm grip on the handles. A rod is simply a cylindrical device that you roll across the dough while applying pressure with your hands. I recommend a roller over a rod for doughnut making because it is easier to handle while applying even pressure.

DOUGHNUT CUTTERS: You can buy doughnut cutters, which typically come in a circular shape, but they can also be improvised by using a clean can lid. The hole can be created using the cap from a recyclable water bottle. Whichever tool you use, the optimal size for a doughnut is 3 inches (7.6 cm) in diameter.

BENCH SCRAPER: Also called a “dough scraper,” a bench scraper is a tool used by bakers to manipulate dough and to clean surfaces on which dough has been worked. It is generally a small sheet of stainless steel with a handle of wood, plastic, or simply a roll

in the steel blade along one of the long sides. Bakers and pastry chefs use this tool to help pick up, turn, and portion dough.

LARGE POT FOR FRYING OIL: I recommend a 5-quart (4.7 L) deep sauce pan or Dutch oven. This size is preferable because it can hold a lot of oil while maintaining an even temperature. You don't want the temperature of the oil to drop as you begin to place doughnuts in it because it will throw off your frying time and the consistency of your final product. Working with this size pot, you should be able to make two dozen doughnuts.

CANDY THERMOMETER: A candy thermometer, also known as a sugar thermometer, is a device used to measure the temperature and therefore the stage of a cooking sugar solution. For the purpose of doughnut making, it is used to measure hot oil for frying. There are several kinds of candy thermometers available. These include traditional liquid thermometers, coil-spring dial thermometers, as well as digital thermometers. The digital thermometers tend to read the temperature more quickly and accurately, and some models have an alarm when the thermometer hits a certain temperature.

TONGS/CHOPSTICKS: Tongs are used for gripping and lifting. They are an important tool in doughnut making because they allow you to turn and rotate the dough with delicate precision. Chopsticks can function in the same way. Do not use a fork or anything that could pierce the dough and fill it with grease.

COOLING RACK: The cooling rack functions as a way to cool baked goods and as a handy place to reserve doughnuts until you are ready to serve or frost them. Cooling racks come in a variety of sizes and are usually made of metal. Small metal bars run across the rack, allowing air to circulate above and below the doughnuts.



Kamal Grant

CHAPTER 3

DOUGHNUT-MAKING TECHNIQUES

I know you are eager to start making (and eating!) your own doughnuts, but you will save a lot of money on ingredients and personal frustration if you nail down the basics of doughnut making first. The dough is the key to the texture and taste of the final product. Both the recipe for the dough and how you work with it are equally important. In this chapter, we will explore some common and some not so common doughnut shapes that you can experiment with creating. For instance, after you master the basic glazed doughnut, maybe you'll want to try out a snail or a twist. Learn how to work with the dough, how it should look, and how it should feel, and you will be wowing your friends and family with your own sublime doughnuts in no time.

ROLLING OUT THE DOUGH



1. Place the dough in the mixer and mix until it has full gluten development, approximately 10 minutes (see “The Window Test,” page 22).
2. Turn the dough out onto a floured surface and allow it to rest for 5 minutes.
3. Begin to roll out the dough, starting from the middle and working your way to the ends—having even dough is very important (A & B). After you cut the dough out, the weight and size of the dough is determined by how evenly the dough has been rolled. An even dough affects the size and texture of the final product.
4. Continue to roll out the dough until it is approximately $\frac{3}{4}$ -inch (2 cm) thick (C).
5. Allow it to rest for 5 additional minutes.
6. Dust the cutting tools with flour to keep the dough from sticking, and cut out the desired shapes.

MAKING CUTOUTS

If your yeast-raised doughnut dough is mixed well enough and your flour protein is correct, you can normally maintain the shape of the cutout, as long as it is not too intricate, through the cooking process. At Sublime Doughnuts we have cutouts in the shapes of letters (our Happy Birthday doughnuts are a popular treat for workplace birthday celebrations), stars, and hearts. Almost any cookie cutter that you might use for a sugar cookie will work for this purpose. The key to maintaining the integrity of the cutout is to cut and quickly remove it from the rest of the dough, before the dough has a chance to get too sticky and the process of removing the cutout dough from the table surface becomes difficult. Flouring the cutter frequently can help prevent doughnuts from sticking.



Step 1: Partial gluten development



Step 2: Full gluten development

THE WINDOW TEST

You can use the window test to determine whether gluten has developed. Hold the dough between your hands and pull at it gently. When it can be stretched to the point that you can begin to see through it, but it has not broken, there has been full gluten development. However, it is important not to let too much gluten develop because it will dry out the dough and make it stick to the table. In addition, too much gluten will change the dough formula. You can tell whether there has been too much gluten development because the dough will be hot, slack, sticky, and difficult to work with.

HAND SHAPING

If you are familiar with bread making and bread rolling techniques, you know that you can shape bread into braids, twists, or rolls and that it will maintain that shape when baked. This same process works for doughnuts of the same shapes—snails, braids, twists, and cinnamon rolls—if you take delicate care when you fry them. For those of you looking for a truly artisanal experience, the process of hand-forging doughnuts may be for you.



THE SNAIL

The snail (a.k.a. the swirl) is a way of rolling dough like a cinnamon roll to allow for filling on the inside, but it makes a more attractive doughnut. The name *snail* is a reference to French baking and pastry arts. The finished product should resemble a snail's shell. As a point of reference, snails normally have a dollop of fruit or cheese in the middle, because they are traditionally used to create Danish.



CINNAMON ROLL

The Sublime Doughnuts' Cinnamon Roll Doughnut is similar to your traditional cinnamon roll. When preparing it as a doughnut (fried, not baked), you need to make sure that sugar does not leak into your fryer. Sugar in your cooking oil can burn your doughnuts and the cooking pot, and it compromises the quality of your cooking oil. To avoid this, sprinkle water on the dough with cinnamon on top, and then roll it up like a traditional cinnamon roll and fry it. The glaze you put on the doughnut after cooking it will bring out the sweetness.



THE WAFFLE TECHNIQUE

After you've proofed a yeast-raised doughnut, place it in a waffle maker, pressing down for 10 seconds. Remove it from the waffle maker and then place it in the fryer.





THE TWIST

The twist is a hand-shaping technique in which you take one strip of dough, roll it thinly, and then twist it, moving one hand up while holding the dough in your other hand (back toward your body). While you are holding the dough, maintain the twist shape so that you can later capture the filling inside. You can also braid different colors together. At Sublime Doughnuts we serve the Yin Yang Twist, made up of plain and chocolate raised yeast dough.



THE BOWTIE

The bowtie is a way to use ring doughnuts and make them slightly fancier. If you make ring doughnuts that don't turn out so well—maybe they are looking a little oblong or you've accidentally cut off a piece of it—you can twist it to make it look like more detail has gone into its creation, rather than just tossing the dough back into a pile to rework it.



CRESCENTS

A crescent is similar to the crescent rolls that we are familiar with from the grocery store—same technique, same style. You can add cinnamon or another spice to the middle, or you don't have to add anything. The crescent is just another way to eat a doughnut that people seem to enjoy. These same techniques can be used with croissant dough to create a croissant. At Sublime Doughnuts, we use this technique to make one of our most popular doughnuts, the Frosted Croissant.



FRITTERS

There are many styles of fritters. The fritters that you traditionally see in doughnut shops around the United States are made up of the odds and ends of the dough pieces. You add fresh or frozen fruit to the dough scraps (spices can be added as well), and chop it up in the dough until you have a small dough ball that is then proofed and fried. These fritters tend not to have a pristine or attractive shape. Instead, they have crispy edges because of all the random pieces within the doughnut. In the Carolinas these fritters are referred to as “uglies” because of their ragtag appearance. In contrast, there are fritters that are made by taking a piece of fruit and dipping it in batter and frying it. The latter are more common in a nice restaurant.





PROOFING DOUGHNUTS

The purpose of proofing is to surround the doughnuts with heat and humidity. Humidity and low heat make the yeast organisms more active without killing them. When the yeast becomes active, it eats sugar and releases carbon dioxide gas as a waste product. The carbon dioxide expands, creating air pockets all through the dough. There are several ways for a home cook to proof doughnuts:

Dishwasher: If you have a dishwasher, as soon as water fills up at the basin of the dishwasher, allow the water to heat up to approximately 130°F (54°C). Turn off the dishwasher. Place the doughnuts on the tray or screen inside the dishwasher. Check with the finger indentation test every 5 minutes until the dough recedes slightly.

Microwave: Put a cup of boiling water in the back of the microwave, then turn your microwave to its lowest power setting. Place the doughnuts in the microwave, and run the microwave for up to 5 minutes, checking every minute until the dough is properly proofed. **Spray bottle:** Spray the doughnuts with a water bottle. Place a moist towel over the doughnuts. Leave at room temperature for 30 minutes to an hour.



MEASURE TWICE, FRY ONCE

I recently appeared on a Canadian doughnut show and was mortified to be eliminated in the first round! The first challenge was preparing cake doughnuts, and unfortunately, my partner and I had misjudged the amount of time the doughnuts would need to sit and the amount of leavening they would need for the batter to rise correctly when it was placed into the hopper. As a result, a lot more batter came out of the hopper, making it a heavier and denser doughnut, and our frying liquid was not at the proper temperature to fry that heavier dough. Not recognizing this, we didn't adjust our frying times or temperature, and our doughnuts were raw in the middle!

FRYING DOUGHNUTS

To fry the dough well, you must know about certain factors that happen during the frying process that turns raw dough or batter into an edible, light, porous, delicious treat. After you put dough or batter into hot fat, there are irreversible changes and you can't go back, so there are important things to know before you begin. Important considerations are batter weight, what temperature you are frying at, and how long you fry. At Sublime Doughnuts, we aim to fry for 1 minute to 1 minute 15 seconds. Frying time can go up to 4 or 5 minutes, depending on how large the doughnut is.

When the doughnut hits the frying liquid, the fats in the dough are going to melt, and the yeast and the carbon dioxide from the baking soda are going to expand rapidly. In traditional baking, you would call this moment right before the crust sets the "oven spring." For our purposes, we'll call this moment the "fryer pop." Once the crust is set, the doughnuts get to approximately 140°F (60°C), which is when the yeast dies. In a yeast doughnut, if the doughnut is properly leavened, you will notice a white ring around the center of the doughnut where the doughnut wasn't completely submerged. A solid white ring usually indicates that you have a solid airy doughnut—this is what you want to aim for! With a cake doughnut you won't see a white ring because both sides of the doughnut are normally submerged. After the crust has set, proteins inside the flour coagulate to form the inside structure of the doughnut, starches begin to gelatinize to soak up all available water, water vapor begins to escape, and now it is time to remove the doughnut. The longer you cook your doughnut after this process has started, the more likely you are to have a dry, burnt, and greasy product.





CHAPTER 4

DOUGH RECIPES

When you go into a doughnut shop, you usually see two types of doughnuts, yeast-raised doughnuts and cake doughnuts. A yeast-raised doughnut is leavened with yeast, which gives it that lightness and airiness. This type of doughnut is similar to bread in that you have to proof it and make sure it rises at the proper temperature and humidity before you fry it. The cake doughnut is raised with baking powder and baking soda and once you cut it out you can immediately fry it, so the process goes more quickly. You can handle yeast-raised doughnut batter throughout the process, whereas cake doughnut batter is generally wetter. This chapter will focus primarily on yeast-raised and cake doughnuts, but it will also feature some variations, including fritters, biscuit-style doughnuts, and pie-crust (or hand pie) doughnuts.

HOW MUCH TIME DO YOU NEED?

When it comes to yeast-raised doughnuts, baking experience helps, and you want to make sure that you have enough time to be able to handle the dough. As an old baker once told me, “The sun rises in the east and the bread rises by the yeast.” Once you activate your yeast and add it to the dough, you have to be ready to “go with the dough.”

THE RIGHT TOOL FOR THE DOUGHNUT

If you want an easier, less messy, more professional-looking cake doughnut, you can buy affordable cake doughnut dispensers on the Internet. You might consider purchasing one because for cake doughnuts, you want a light and airy batter, and the lightest way to make it is by not rolling it out. If you have to roll out cake doughnuts, you’ll need to put a lot of flour down so that the dough is easy to handle and pick up and put in the fryer. You can still make cake doughnuts by hand, and a lot of people prefer a denser cake doughnut (like the Sour Cream doughnut, page 42, or the Old-Fashioned doughnut, page 48), but it just takes a bit more effort.

BAKER’S PERCENTAGES

Want to be a baker, not a faker? Then use baker’s percentages! Dough recipes often come in “baker’s percentages,” a simple but useful system that expresses all ingredients in proportion to the amount of flour used. The flour amount is always considered 100%. Then, the amount of the other ingredients is their percentage in relation to the flour. To calculate these percentages yourself, take the total weight of the ingredient and divide it by the weight of the flour, and then multiply that number by 100%. For example:

$(\text{Total weight of ingredient} \div \text{Total weight of flour}) \times 100\% = \% \text{ of ingredient}$

The advantage of using baker’s percentages is that the recipe is easily adapted for any yield, and single ingredients may be varied and other ingredients added without changing the entire recipe.



YEAST DOUGHNUTS

Be sure to follow the steps below closely, because the mixing of the dough and the proofing process are both essential to a light and airy doughnut. Because yeast-raised doughnuts can be handled for much of the doughnut-making process, this might be a fun time to try out some of the hand-shaping techniques discussed in chapter 3.

See *Creative Combinations* 01, 02, 04, 12, 15, 27, 33 & 39 for ideas for this dough.

YEAST DOUGHNUTS

CHOCOLATE

Chocolate yeast doughnuts were some of the first doughnuts that we offered at Sublime Doughnuts when we opened in 2008. Always looking for ways to diversify our product line to serve delicious treats to our customers, we decided to add cocoa to our dough to form chocolate yeast doughnuts. In the South, there is a strong preference for a softer, moister product than your traditional dense doughnut, so the new doughnuts were a hit! Chocolate yeast doughnuts pair well with a variety of icings and fillings. Some of our customers' favorites are the A-Town Mocha, which is iced with White Chocolate Icing (page 89) and filled with Coffee Custard Filling (page 125), as well as the Salted Caramel Icing (page 81) and Balsamic Vinegar Reduction (page 145).

INGREDIENTS

INGREDIENT	U.S.	METRIC	BAKER'S %
Flour	1 pound, plus 13 ounces	818 g	100%
Sugar	4 ounces	112 g	14%
Baking powder	¼ ounce	7 g	1%
Cocoa	1 ounce	28 g	4%
Salt	½ ounce	14 g	1.75%
Yeast	1½ ounces	42 g	5%
Scalded milk	1 pound (slightly more than 1 pint)	454 g	55%
Unsalted butter	3 ounces	84 g	10%
Eggs	4 ounces (approximately 2 eggs)	112 g	14%
Oil	(See page 16)		



INSTRUCTIONS

Weigh the dry ingredients and place in a large bowl; set aside. Weigh the wet ingredients and place in a bowl. Place the dry ingredients on top of the wet ingredients. I suggest putting the yeast in last to prevent it from getting wet. Turn the mixer on low speed and mix until you have a homogenous dough, 1 minute. Turn mixer to medium speed and mix until there is full gluten development, 10 to 12 minutes. See “The Window Test,” page 22, to ensure proper development has occurred.

Remove the dough from the bowl. Lightly ball up the dough and place on a floured work surface; let it to relax for 5 minutes. Begin rolling the dough, starting from the center, until it is approximately ¾-inch (2 cm) thick. Allow the dough to rest for 5 minutes.

Cut out shapes and/or hand shape as desired (see pages 22–25). Place the doughnuts on a tray or screen. Proof, following the directions on page 26.

Pour the oil to a depth of 3 inches (7.5 cm) into an electric fryer or deep saucepan and heat to 370°F (188°C). Working with a stick and a skimmer, drop three or four doughnuts into the oil. Let sit for 90 seconds. Gently flip each doughnut using the stick and allow the other side to fry for 90 seconds. Pick up the doughnuts with the skimmer. Place on paper towels or a rack to cool and drain.

Yield: Makes 12 to 15 doughnuts

YEAST DOUGHNUTS

PLAIN

Plain yeast-raised doughnuts are the most popular doughnut in the world. They are the base for a lot of different styles and flavors.

INGREDIENTS

INGREDIENT	U.S.	METRIC	BAKER'S %
Flour	1 pound, plus 13 ounces	818 g	100%
Sugar	4 ounces	112 g	14%
Baking powder	¼ ounce	7 g	1%
Salt	½ ounce	14 g	1.75%
Yeast	1½ ounces	42 g	5%
Scalded milk	1 pound (slightly more than 1 pint)	454 g	55%
Unsalted butter	3 ounces	84 g	10%
Eggs	4 ounces (approximately 2 eggs)	112 g	14%
Oil	(See page 16)		



INSTRUCTIONS

Weigh the dry ingredients and place in a large bowl; set aside for later use. Weigh the wet ingredients and place in a bowl. Place the dry ingredients on top of the wet ingredients. I suggest putting the yeast in last to prevent it from getting wet. Turn the mixer on low speed to mix until you have a homogenous dough, 1 minute. Turn the mixer to medium speed and mix until there is full gluten development, 10 to 12 minutes. See “The Window Test,” page 22, to ensure proper development has occurred.

Remove the dough from the bowl. Lightly ball up the dough and place on a floured work surface; let it relax for 5 minutes. Begin rolling the dough, starting from the center, until it is approximately ¾-inch (2 cm) thick. Allow the dough to rest for 5 minutes.

Cut out shapes and/or hand shape as desired (see pages 22–25). Place the doughnuts on a tray or screen. Proof, following the directions on page 26.

Pour the oil to a depth of 3 inches (7.5 cm) into an electric fryer or deep saucepan and heat to 370°F (188°C). Working with a stick and a skimmer, drop three or four doughnuts into the oil. Let sit for 90 seconds. Gently flip each doughnut using the stick and allow the other side to fry for 90 seconds. Pick up the doughnuts with the skimmer. Place on paper towels or a rack to cool and drain.

Yield: Makes 12 to 15 doughnuts



**See Creative
Combinations**
03, 09, 10, 11, 16,
18, 19, 22, 23, 24,
25, 26, 29, 30, 31,
35, 36, 39, 40, 42,
43 & 45 for ideas
for this dough.

YEAST DOUGHNUTS

POTATO

The potato doughnut, sometimes called a spudnut and typically sweet, is made with either mashed potatoes or potato starch instead of flour, the most common ingredient used for doughnut dough. Potato doughnuts tend to be moister than flour doughnuts, and are prepared in a similar method to other doughnuts. Originating from the Amish Country in Pennsylvania, potato doughnuts have spawned their own chain of doughnut shops called Spudnuts, which are located throughout the United States and Canada, but primarily in California.

INGREDIENTS

1 large russet potato, peeled and cut into 1-inch (2.5 cm) pieces

4 tablespoons (55 g) unsalted butter

½ cup (120 ml) scalded milk

1 teaspoon salt

3 tablespoons (37 g) sugar

2½ cups (300 g) bread flour

1 teaspoon baking powder

1 package (¼ ounce, or 7 g) instant dry yeast

INSTRUCTIONS

Cover the potato with water in a pan. Bring to a simmer over medium until very tender, about 10 minutes. Save ½ cup (120 ml) of the cooking liquid, then drain the potato well.

Meanwhile, melt the butter. Mash the hot potato in a large bowl with a fork. Stir in the melted butter, milk, salt, and sugar.

Stir the reserved potato water, flour, baking powder, and yeast into the potato mixture until a soft dough forms. Turn out the dough onto a floured surface, dusting the surface and your hands with just enough flour to keep the dough from sticking, and knead until smooth and elastic, about 10 minutes. Cover tightly with plastic wrap and refrigerate for 8 to 12 hours.

Cut out shapes and/or hand shape as desired (see pages 22-25). Place the doughnuts on a tray or screen. Proof, following the directions on page 26.

Pour the oil to a depth of 3 inches (7.5 cm) into an electric fryer or deep saucepan and heat to 370°F (188°C). Working with a stick and a skimmer, drop three or four doughnuts into the oil. Let sit for 90 seconds. Gently flip each doughnut using the stick and allow the other side to fry for 90 seconds. Pick up the doughnuts with the skimmer. Place on paper towels or a rack to cool and drain.

Yield: Makes 12 to 15 doughnuts





**See Creative
Combinations
O5 & O7 for ideas
for this dough.**



CAKE DOUGHNUTS

Cake doughnuts are the earliest form of doughnut—the type of doughnut that Washington Irving was referring to when he coined the term in New York City in 1809. “Sometimes the table was graced with immense apple-pies, or saucers full of preserved peaches and pears; but it was always sure to boast an enormous dish of balls of sweetened dough fried in hogs’ fat and called doughnuts, or *olykoeks*—a delicious type of cake, at present scarcely known in this city, except in genuine Dutch families.” Cake doughnuts were and still are the doughnut of choice for dunking into your morning coffee.

See **Creative Combination 08** for an idea for this dough.

CAKE DOUGHNUTS

PLAIN

The plain cake doughnut is the foundation for all cake doughnuts. They last longer than the yeast-raised variety—delicious eaten right out of the fryer or a few days later. Plain cake doughnuts are typically glazed or tossed in powdered sugar.

INGREDIENTS

2 cups (240 g) all-purpose flour
1 tablespoon (15 g) baking powder
1 teaspoon baking soda
1 teaspoon salt
¼ teaspoon lemon zest
2 eggs
½ cup (100 g) sugar
2 tablespoons (28 g) unsalted butter,
melted
½ cup (120 ml) milk
1 teaspoon vanilla extract
4 cups (940 ml) oil, for frying

INSTRUCTIONS

Combine the flour, baking powder, baking soda, salt, and lemon zest in a large bowl.

In a mixing bowl, beat the eggs, then gradually add the sugar and continue to beat until thick and yellow.

In a small bowl, combine the melted butter, milk, and vanilla. Stir the milk mixture into the egg mixture until blended. Add the dry ingredients to the wet ingredients and mix just for 1 minute at medium speed. Let rest for 5 minutes.

Pour the oil to a depth of 3 inches (7.5 cm) into an electric fryer or deep saucepan and heat to 375°F (190°C).

If you have a cake doughnut dispenser, place the batter in the hopper. Hold the hopper 2 inches (5 cm) over the fryer. Drop two to four doughnuts at time. Drain on paper towels.

If you don't have a doughnut dispenser, roll or pat the dough out on a heavily floured surface to about ¼-inch (6 mm) thick; the dough will be somewhat wet. Cut with a floured doughnut cutter, saving the holes. Transfer to a sheet of waxed paper and allow to air-dry for 10 minutes. The dough will form a slight crust and absorb less fat when fried.

Fry three doughnuts at time until golden, about 1½ minutes on each side. Fry the holes separately, making sure they are submerged in the oil, about 2 minutes total. Drain on paper towels.

Yield: Makes 12 to 15 doughnuts

CAKE DOUGHNUTS

CHOCOLATE

Few sweets compare to the rich taste of a chocolate cake doughnut. Although they are often glazed, at Sublime Doughnuts we like them topped with chocolate icing to make them extra decadent.

INGREDIENTS

3½ cups (420 g) cake flour
1 tablespoon (15 g) baking powder
1 teaspoon baking soda
1 teaspoon salt
½ teaspoon ground cinnamon
2 eggs, at room temperature
1 cup (200 g) sugar
3 tablespoons (42 g) unsalted butter
3 ounces (84 g) unsweetened chocolate
1 cup (235 ml) milk, at room temperature
1 teaspoon vanilla extract
Canola oil, for frying

INSTRUCTIONS

Combine the flour, baking powder, baking soda, salt, and cinnamon in a large bowl.

In the bowl of a mixer using the paddle attachment, beat the eggs, then gradually add the sugar and continue to beat until the mixture is thick and yellow.

Melt the butter and chocolate in a microwave on low, and then combine with the milk and vanilla. Stir the milk mixture into the egg mixture until blended. Add the dry ingredients to the wet ingredients and mix just for 1 minute at medium speed. Let rest for 5 minutes.

Pour the oil to a depth of 3 inches (7.5 cm) into an electric fryer or deep saucepan and heat to 375°F (190°C).

If you have a cake doughnut dispenser, place the batter in the hopper. Hold the hopper 2 inches (5 cm) over the fryer. Drop two to four doughnuts at time. Fry for 90 seconds on each side. Drain on paper towels.

If you don't have a doughnut dispenser, roll or pat the dough out on a heavily floured surface to about ¼-inch (6 mm) thick; the dough will be somewhat wet. Cut with a floured doughnut cutter, saving the holes. Transfer to a sheet of waxed paper and allow to air-dry for 10 minutes. The dough will form a slight crust and absorb less fat when fried.

Fry three doughnuts at a time until golden, about 1½ minutes on each side. Fry the holes separately, making sure they are submerged in the oil, about 2 minutes. Drain on paper towels.

Yield: Makes 12 to 15 doughnuts





**See Creative
Combinations**
21, 37 & 46 for
ideas for this dough.

CAKE DOUGHNUTS

RED VELVET

Red velvet cake doughnuts are part of the new wave of gourmet doughnuts. Red velvet is already a classic cake, and it is easy enough to take your cake doughnut and adapt it to the red velvet flavor. Top it with cream cheese icing and candied pecans and create a doughnut that is beloved, especially in the South.

INGREDIENTS

2 cups (240 g) all-purpose flour
1 tablespoon (15 g) baking powder
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon cocoa powder
2 eggs
1/2 cup (100 g) sugar
2 tablespoons (28 g) unsalted butter, melted
1/2 cup (120 ml) milk
1 teaspoon vanilla extract
2 tablespoons (30ml) red food coloring
4 cups (940 ml) vegetable oil or shortening, for frying

INSTRUCTIONS

Combine the flour, baking powder, baking soda, salt, and cocoa in a large bowl.

In the bowl of a mixer using the paddle attachment, beat the eggs, then gradually add the sugar and continue to beat until thick and yellow.

In a small bowl, combine the melted butter, milk, and vanilla. Stir the milk mixture into the egg mixture until blended. Add the dry ingredients to the wet ingredients, along with 2 tablespoons (30 ml) of red food coloring and mix for 1 minute at medium speed. Let rest for 5 minutes.

Pour the oil to a depth of 3 inches (7.5 cm) into an electric fryer or deep saucepan and heat to 375°F (190°C).

If you have a cake doughnut dispenser, place the batter in the hopper. Hold the hopper 2 inches (5 cm) over the fryer. Drop two to four doughnuts at time. Fry for 90 seconds on each side. Drain on paper towels.

If you don't have a doughnut dispenser, roll or pat the dough out on a heavily floured surface to about 1/4-inch (6 mm) thick; the dough will be somewhat wet. Cut with a floured doughnut cutter, saving the holes. Transfer to a sheet of waxed paper and allow to air-dry for 10 minutes. The dough will form a slight crust and absorb less fat when fried.

Fry three doughnuts at time until golden, about 1 1/2 minutes on each side. Fry the holes separately, making sure they are submerged in the oil, about 2 minutes. Drain on paper towels.

Yield: Makes 12 to 15 doughnuts





See Creative Combination 14 for an idea for this dough.

CAKE DOUGHNUTS

SOUR CREAM

Sour cream doughnuts are fried at a lower temperature than other doughnuts and turned twice while frying, which gives them their characteristic crunchy petals and grooves—perfect for holding onto a sweet glaze. The sour cream in the dough keeps these doughnuts wonderfully moist. The sour cream and buttermilk (or another acidic substance) react with the baking soda to leaven the product in a more old-fashioned, traditional method. This combination also leaves behind a pleasant, tangy flavor that is delightful when paired with sweets.

INGREDIENTS

- 1 large egg
- 1¼ cups (250 g) sugar
- ¼ cup (120 g) sour cream
- 2 tablespoons (28 g) unsalted butter, melted
- 1 teaspoon vanilla extract
- 5 cups (600 g) all-purpose flour
- 1 tablespoon (15 g) baking soda
- ½ teaspoon salt
- 2¼ cups (530 ml) buttermilk
- Peanut oil, for frying

INSTRUCTIONS

In a large mixing bowl, beat together the egg, sugar, sour cream, butter, and vanilla. Set aside.

In a separate bowl, thoroughly mix together the flour, baking soda, and salt. Alternating with the buttermilk, add the dry ingredients to the sour cream mixture in three parts. Rest the dough for 10 minutes.

Turn the dough out onto a lightly floured surface and knead gently until the dough forms a ball. Roll out the dough to ½- to ¾-inch (1.3 to 2 cm) thick. Cut the dough using a floured doughnut cutter or a round cookie cutter.

Pour the oil to a depth of 3 inches (7.5 cm) into an electric fryer or deep saucepan and heat to 375°F (190°C). Place three or four doughnuts in the fryer and cook for 1½ minutes, then flip and cook the other side for 1½ minutes. Remove from the fryer and place on paper towels or a rack to cool and drain.

Fry three doughnuts at time until golden, about 1½ minutes on each side. Fry the holes separately, making sure they are submerged in the oil, about 2 minutes. Drain on paper towels.

Yield: Makes 20 to 24 doughnuts





CAKE DOUGHNUTS

BLUEBERRY

Blueberry is a classic doughnut shop flavor in American doughnut shops. People seem to really like the taste of blueberries in baked goods such as pancakes and muffins. This is a treat that your family will surely enjoy.

INGREDIENTS

- 2 cups (240 g) all-purpose flour
- 1 tablespoon (15 g) baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- ¼ teaspoon lemon zest
- 2 eggs
- ½ cup (100 g) sugar
- 2 tablespoons (28 g) unsalted butter, melted
- ½ cup (120 ml) milk
- 1 teaspoon vanilla extract
- ¼ cup (38 g) fresh blueberries
- 4 cups (940 ml) vegetable oil, for frying

INSTRUCTIONS

Combine the flour, baking powder, baking soda, salt, and lemon zest in a large bowl. In a mixing bowl, beat the eggs, then gradually add the sugar and continue to beat until thick and yellow.

In a small bowl, combine the butter, milk, and vanilla. Stir the milk mixture into the egg mixture until blended. Add the dry ingredients to the wet ingredients and mix just for 1 minute at medium speed. Fold in the blueberries. Let rest for 5 minutes.

Pour the oil to a depth of 3 inches (7.5 cm) into an electric fryer or deep saucepan and heat to 375°F (190°C).

If you have a cake doughnut dispenser, place the batter in the hopper. Hold the hopper 2 inches (5 cm) over the fryer. Drop two to four doughnuts at time. Fry for 90 seconds on each side. Drain on paper towels.

If you don't have a doughnut dispenser, roll or pat the dough out on a heavily floured surface to about ¼-inch (6 mm) thick; the dough will be somewhat wet. Cut with a floured doughnut cutter, saving the holes. Transfer to a sheet of waxed paper and allow to air-dry for 10 minutes. The dough will form a slight crust and absorb less fat when fried.

Fry three doughnuts at time until golden, about 1½ minutes on each side. Fry the holes separately, making sure they are submerged in the oil, about 2 minutes. Drain on paper towels.

Yield: Makes 12 to 15 doughnuts





See Creative
Combinations
06, 32 & 38 for
ideas for this dough.

CAKE DOUGHNUTS

SPICE CAKE

Spice cake is a cake doughnut with a richer, deeper flavor, so it can be used and paired alongside fall flavors such as pumpkin and sweet potato, or served with some apple butter on the side.

INGREDIENTS

- 2 cups (240 g) all-purpose flour
- 1 tablespoon (15 g) baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- Pinch of cloves
- 1 dash ground nutmeg
- ¼ teaspoon ground cinnamon
- 2 eggs
- ½ cup (100 g) sugar
- 2 tablespoons (28 g) unsalted butter, melted
- ½ cup (120 ml) milk
- 1 teaspoon vanilla extract
- 4 cups (940 ml) vegetable oil, for frying

INSTRUCTIONS

Combine the flour, baking powder, baking soda, salt, cloves, nutmeg, and cinnamon in a large bowl. In a mixing bowl, beat the eggs, then gradually add the sugar and continue to beat until thick and yellow. In a small bowl, combine the melted butter, milk, and vanilla. Stir the milk mixture into the egg mixture until blended. Add the dry ingredients to the wet ingredients and mix just for 1 minute at medium speed. Let rest for 5 minutes.

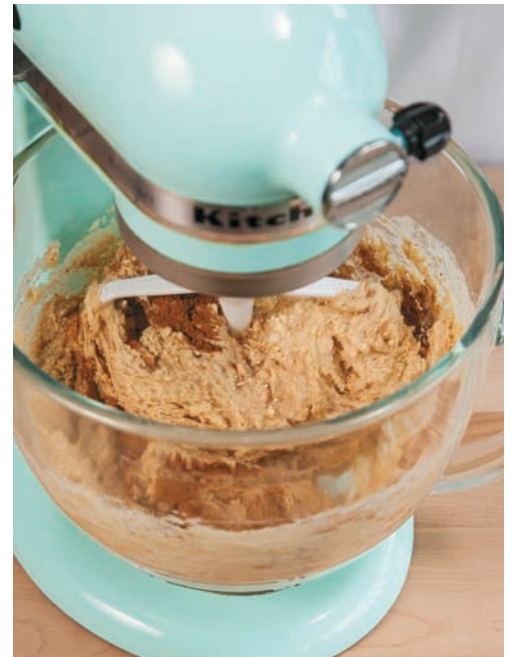
Pour the oil to a depth of 3 inches (7.5 cm) into an electric fryer or deep saucepan and heat to 375°F (190°C).

If you have a cake doughnut dispenser, place the batter in the hopper. Hold the hopper 2 inches (5 cm) over the fryer. Drop two to four doughnuts at a time. Fry for 90 seconds. Drain on paper towels.

If you don't have a doughnut dispenser, roll or pat the dough out on a heavily floured surface to about ¼-inch (6 mm) thick; the dough will be somewhat wet. Cut with a floured doughnut cutter, saving the holes. Transfer to a sheet of waxed paper and allow to air-dry for 10 minutes. The dough will form a slight crust and absorb less fat when fried.

Fry three doughnuts at a time until golden, about 1½ minutes on each side. Fry the holes separately, making sure they are submerged in the oil, about 2 minutes total. Drain on paper towels.

Yield: Makes 12 to 15 doughnuts





**See Creative
Combinations
20 & 47 for ideas
for this dough.**

CAKE DOUGHNUTS

OLD-FASHIONED

When I think of an old-fashioned doughnut, I think of a denser doughnut because doughnut-making hadn't been perfected to the point of making light, airy doughnuts until 1920, when Adolph Levitt developed the first doughnut machine. The old-fashioned doughnut is similar to the ones that your grandparents may have made at home. People who are used to this type of doughnut are looking for a meatier, heavier doughnut that can hold up when it is dunked into a cup of coffee.

INGREDIENTS

- 2½ cups (300 g) all-purpose flour
- ½ cup (100 g) sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 2 teaspoons (4.5g) nutmeg
- ½ teaspoon salt
- 1 egg
- 1 cup (235 ml) milk
- ½ cup (112 g) unsalted butter, melted
- 4 cups (940 ml) vegetable oil, for frying

INSTRUCTIONS

Combine the flour, sugar, baking powder, baking soda, nutmeg, and salt in a large bowl. In a separate bowl, combine the egg, milk, and melted butter. Add the wet ingredients to the dry and stir to combine. Rest the dough for 10 minutes.

Turn out the dough onto a lightly floured surface and knead until the dough comes together to form a ball. Roll out the dough to about ¾-inch (2 cm) thick. Cut the dough using a floured doughnut cutter or a round cookie cutter.

Pour the oil to a depth of 3 inches (7.5 cm) into an electric fryer or deep saucepan and heat to 375°F (190°C). Place three or four doughnuts in the fryer and cook for 1½ minutes, then flip and cook the other side for 1½ minutes. Fry the holes separately, making sure they are submerged in the oil, about 2 minutes total. Remove from the fryer and place on paper towels or a rack to cool and drain.

Yield: Makes 12 to 15 doughnuts





CAKE DOUGHNUTS

FUNNEL CAKES

Funnel cakes are classic American carnival fare. Have a unique celebration that inspires fun summertime memories with our funnel cakes with a gourmet twist. Experiment with toppings such as blueberry filling, fresh strawberries, raspberry filling, whipped cream, or chocolate whipped cream to find your favorite combination.

INGREDIENTS

.....

3 eggs
2 cups (470 ml) milk
¼ teaspoon vanilla extract
4 cups (480 g) all-purpose flour
⅓ cup (66 g) sugar
½ teaspoon salt
1 tablespoon (15 g) baking powder
4 cups (940 ml) vegetable oil, for frying
Sifted confectioners' sugar

INSTRUCTIONS

.....

In a large bowl, beat the eggs with the milk and vanilla. In a separate bowl, combine the flour, sugar, salt, and baking powder; add to the egg mixture. Mix for 3 minutes on medium speed. Place the batter in a pastry bag.

Pour the oil to a depth of 3 inches (7.5 cm) into an electric fryer or deep saucepan and heat to 370°F (188°C).

Open the end of the pastry bag and allow the batter to run out in a stream into the oil. Move the bag from the center, swirling outward in a circular pattern. Fry one funnel cake at a time for 2 to 3 minutes, until golden brown. Transfer to paper towels to drain. Shake the sifted confectioners' sugar over the drained funnel cakes.

Yield: Makes 20 to 24 funnel cakes





CAKE DOUGHNUTS

GLUTEN-FREE

This recipe was adapted from *Gluten-Free Baking with The Culinary Institute of America*, by Richard J. Coppedge Jr. Chef Coppedge was my favorite instructor when I was a student at the CIA. He is the premier expert on gluten-free baking.

INGREDIENTS

- ¾ cup (90 g) white rice flour
- 1½ cups (180 g) potato starch
- 3 tablespoons (24 g) guar gum
- 2½ tablespoons (20 g) albumin (egg white powder)
- 1½ cups (180 g) tapioca starch
- ¾ cup (90 g) de-fatted soy flour
- ¾ cup (150 g) sugar
- 1 tablespoon (15 g) baking powder
- 3 tablespoons (45 g) instant yeast
- ¼ cup (60 ml) milk, warmed
- ¾ cup (168 g) unsalted butter, melted
- 3 egg yolks
- 4 cups (940 ml) vegetable oil, for frying

INSTRUCTIONS

In the bowl of a stand mixer, combine the flour, potato starch, guar gum, albumin, tapioca starch, soy flour, sugar, baking powder, and yeast.

In a separate bowl, mix together the milk, butter, and egg yolks. Add the wet ingredients to the dry ingredients and blend for approximately 4 minutes, or until completely smooth. Allow the dough to rest, covered, for 20 minutes.

Place the dough in a pastry bag with a ½-inch (1.3 cm) opening. Pipe out the dough into doughnut-shaped circles onto squares of parchment paper. Proof the doughnuts for 20 minutes in a warm, humid environment.

Pour the oil to a depth of 3 inches (7.5 cm) into an electric fryer or deep saucepan and heat to 300°F (150°C). Fry the doughnuts, three or four at a time, for 5 to 6 minutes, flipping the doughnuts halfway through. Transfer to a cooling rack to drain and cool.

Yield: Makes 20 doughnuts







FRITTER DOUGHNUTS

Fritters are simply fried dough combined with fruit and spices. Some cooks also use vegetables in their fritters. Fritters can help a baker use up their scrap dough, or create a way for a chef to reimagine a side dish.

See *Creative Combination 41* for an idea for this dough.

FRITTER DOUGHNUTS

DOUGH-BASED

Dough-based fritters are a way for bakers to utilize all of the scrap dough that accumulates from the doughnut-making process. You can use dried, fresh, or frozen fruit to make a delectable, unique treat that adds variety and different textures to your doughnut showcase.



INGREDIENTS

Scrap dough in any amount

Sliced fresh, frozen, or dried fruit, one-third to one-fourth the amount of dough

Pinch of desired spices, such as cinnamon, nutmeg, ginger, cloves, allspice, if needed

Flour, for dusting

Vegetable oil, for frying

Glaze of your choice (pages 69-79)

INSTRUCTIONS

On a cutting board, chop up the dough, fruit, and spices until thoroughly combined. Dust the mixture with flour and roll into a log shape. Cut 1/2-inch (1.3 cm) pieces off the log and allow to proof (see page 26).

Pour the oil to a depth of 3 inches (7.5 cm) into an electric fryer or deep saucepan and heat to 370°F (188°C). Working with a stick and a skimmer, drop three or four fritters into the oil. Let sit for 90 seconds. Gently flip each fritter using the stick and allow the other side to fry for 90 seconds. Pick up the fritters with the skimmer. Place on paper towels or a cooling rack to cool and drain, and then drizzle with the glaze.

Yield: Varies

FRITTER DOUGHNUTS

BATTER-BASED

Batter-based fritters are similar to tempura and are a good choice when you want to highlight an entire piece of fruit and fry it. They come in many shapes and sizes that you may not be familiar with; one that I happen to particularly enjoy is the corndog.

INGREDIENTS

- 4 cups (940 ml) peanut oil, for frying
- 3 cups (360 g) all-purpose flour, divided
- 1 cup (140 g) cornmeal
- ½ cup (115 g) packed brown sugar
- 2 tablespoons (30 g) baking soda
- 1 teaspoon salt
- 2 cups (470 ml) buttermilk
- 1½ cups (355 ml) water
- 2 eggs
- 2 teaspoons (10 ml) vanilla extract
- Sliced fruit of your choice and size

INSTRUCTIONS

Pour the oil to a depth of 3 inches (7.5 cm) into a saucepan or Dutch oven and heat to 360°F (182°C) on the stove top.

In a medium bowl, combine 2½ cups (300 g) of the flour with the cornmeal, brown sugar, baking soda, and salt. In a small bowl, whisk together the buttermilk, water, eggs, and vanilla. Add the wet ingredients to the dry and mix to form a lumpy batter. Dredge the fruit in the remaining ½ cup (60 g) flour, shaking off any excess. Dip the fruit into the batter, transfer to the oil, and fry three or four at a time until golden, about 1½ minutes per side. Transfer to paper towels to drain.

Yield: Makes approximately 36 fritters







BISCUIT-STYLE DOUGHNUTS

You can make biscuit-style doughnuts by either making biscuits from scratch or using canned biscuit dough, which is what you'll find here. No matter which method you choose, this is a quick and easy way to make doughnuts.

See *Creative Combinations* 17, 28 & 44 for ideas for this dough.

BISCUIT-STYLE DOUGHNUTS

CANNED BISCUIT DOUGHNUTS

This is the most no-fuss way to make doughnuts. You can easily open up a can of refrigerated biscuit dough for a sweet breakfast or late-night treat.



INGREDIENTS

4 cups (940 ml) peanut oil, for frying
2 cans (16.3 ounces, or 456 g each) large, ready-to-cook buttermilk biscuits

INSTRUCTIONS

Pour the oil to a depth of 2 inches (5 cm) into a Dutch oven and heat to 370°F (188°C) on the stove top.

Lay out the biscuits on a cutting board and with a 1½-inch (3.8 cm) round cookie or biscuit cutter, cut out a hole from the middle of each biscuit. Fry three or four biscuits at a time in the oil until golden and then flip with tongs to fry the other side, about 3 minutes total. You can also fry the donut holes, a handful at a time, until golden, about 2 minutes. You don't need to flip them, but make sure they are submerged in the oil. Transfer to paper towels to drain.

Yield: Makes approximately 16 doughnuts



PIE-CRUST DOUGHNUTS

Here in the South, fried pies, or “hand pies,” are very popular. They have experienced a sort of renaissance as they appear more often on the dessert menus of high-end restaurants. Although these recipes are long, once you get the process down, you will easily (and expertly!) be making your own variations.

PIE-CRUST DOUGHNUTS

FRIED APPLE PIE

If you're thirty years old or older, you most likely remember the McDonald's apple pies of your youth. They were some of the tastiest hot and sweet treats out there. Goopy, sweet, cinnamon filling with little chunks of soft apple all encased in a flaky, crispy, deep-fried crust. Then, in 1992, the unthinkable happened: Ronald replaced his beloved fried apple pies with the modern baked version. For those of you still hankering for the deep-fried goodness, the only answer is to fry them yourself!

INGREDIENTS

FOR THE FILLING:

- 2 tablespoons (28 g) unsalted butter
- 4 McIntosh apples, peeled, cored, and sliced, or 1 can (18.5 ounces, or 518 g) apple pie filling
- ½ cup (100 g) sugar
- ½ teaspoon ground cinnamon
- 1 teaspoon lemon juice

FOR THE PASTRY:

- ½ cup (112 g) cold unsalted butter
- 1¾ cups (210 g) all-purpose flour, plus more as needed
- 1 tablespoon (12 g) sugar
- 2¼ teaspoons baking powder
- ¾ teaspoon salt
- ¼ teaspoon baking soda
- ¾ cup (175 ml) cold buttermilk
- 4 cups (940 ml) vegetable oil, for frying

INSTRUCTIONS

To make the filling: Melt the butter in a large sauté pan over medium heat. Add the apples, sugar, cinnamon, and lemon juice. Cook until the apples are soft, about 15 minutes. Remove from the heat and let cool.

To make the pastry: Cut the butter into small pea-size chunks and toss with the flour. Add the sugar, baking powder, salt, and baking soda. Toss to make sure all the butter and flour mixture is evenly distributed. Add the cold buttermilk and stir until all of the flour is absorbed by the buttermilk and the dough forms a coarse lump, about 1 minute.

Dust a work surface with flour and dump the dough onto the floured surface. Roll the dough into a ¾-inch (2 cm) thick rectangle. Fold the dough over onto itself in three sections, like folding a letter. With a bench scraper or metal spatula, lift the dough off the counter and dust under it with flour to prevent sticking, if necessary. Dust the top with flour and press the dough out again into a ¾-inch (2 cm) thick rectangle and repeat the trifold. Repeat this three times. Refrigerate until the dough is soft and pliable, approximately 15 minutes.

Roll out the dough to ¼-inch (6 mm) thick. Cut the dough into twenty-four to thirty 7- to 8-inch (17.5 to 20 cm) rounds. Place 3 tablespoons (42 g) of filling on each circle. Brush the edges of the circle with water. Fold the circle over the filling to make a half-moon shape. Seal by pressing the edges with a fork.

Pour the oil to a depth of 3 inches (7.5 cm) into a Dutch oven and heat to 350°F (180°C) on the stove top. Add the pies to the oil, one at a time, and fry until golden brown, turning the pies as necessary for even browning, about 5 to 8 minutes. Drain on paper towels.

Yield: Makes 8 to 10 hand pies

PIE-CRUST DOUGHNUTS

FRIED PEACH PIE

The original Sublime Doughnuts is located in Georgia—the peach state—where more than forty varieties of peaches are grown. Every year in June, cities in Peach County, Georgia, host the Georgia Peach Festival, where the “World’s Largest Peach Cobbler” is created. The colossal cobbler—11 feet x 5 feet (1 m x 457 cm) and about 8-inches (20 cm) deep—is made from an extraordinary 90 pounds (41 kg) of butter, 150 pounds (68 kg) of sugar, 150 pounds (68 kg) of flour, 32 gallons (121 L) of milk, and, of course, 650 pounds (295 kg) of peaches. Additionally, one of Atlanta’s busiest restaurants, and certainly an Atlanta landmark, The Varsity, is located just a few blocks from our doughnut shop, where they serve a famous fried peach pie. So we had to try our hand at a peach pie doughnut!

INGREDIENTS

FOR THE FILLING:

2 tablespoons (28 g) unsalted butter

4 ripe peaches

½ teaspoon cornstarch

½ cup (100 g) sugar

1 teaspoon lemon juice

Pinch of ground ginger

FOR THE PASTRY:

½ cup (112 g) cold unsalted butter

1¾ cups (210 g) all-purpose flour,
plus more as needed

1 tablespoon (12 g) sugar

2 ¼ teaspoons baking powder

¾ teaspoon salt

¼ teaspoon baking soda

¾ cup (175 ml) cold buttermilk

4 cups (940 ml) vegetable oil, for frying

INSTRUCTIONS

To make the filling: Melt the butter in a large sauté pan over medium heat. Cut peaches into medium-size cubes. In a bowl, toss the peaches with the cornstarch. Add the peaches, sugar, lemon juice, and ginger to the butter and cook over medium heat until the peaches are soft, about 15 minutes. Remove from the heat and let cool.

To make the pastry: Cut the butter into small pea-size chunks and toss with the flour. Add the sugar, baking powder, salt, and baking soda. Toss to make sure all the butter and flour mixture is evenly distributed. Add the cold buttermilk and stir until all of the flour is absorbed by the buttermilk and the dough forms a coarse lump, about 1 minute.

Dust a work surface with flour and dump the dough onto the floured surface. Roll the dough into a ¾-inch (2 cm) thick rectangle. Fold the dough over onto itself in three sections, like folding a letter. With a bench scraper or metal spatula, lift the dough off the counter and dust under it with flour to prevent sticking, if necessary. Dust the top with flour and press the dough out again into a ¾-inch (2 cm) thick rectangle and repeat the trifold. Repeat this three times. Refrigerate until the dough is soft and pliable, approximately 15 minutes.

Roll out the dough to ¼-inch (6 mm) thick. Cut the dough into 7- to 8-inch (17.5 to 20 cm) rounds. Place 3 tablespoons (42 g) of filling on each circle. Brush the edges of the circle with water. Fold the circle over the filling to make a half-moon shape. Seal by pressing the edges with a fork.

Pour the oil to a depth of 3 inches (7.5 cm) into a Dutch oven and heat to 350°F (180°C) on the stove top. Add the pies to the oil, one at a time, and fry until golden brown, turning the pies as necessary for even browning, about 5 to 8 minutes. Drain on paper towels.

Yield: Makes approximately 36 hand pies



PIE-CRUST DOUGHNUTS

FRIED SWEET POTATO PIE

Sweet potato pie is a traditional side dish in the southern United States. It is often served during the holiday season, and is similar in many ways to pumpkin pie. It is usually made as a large tart in an open pie shell without a top crust. The filling consists of mashed sweet potatoes, milk, sugar, and eggs, flavored with spices such as nutmeg. Other possible ingredients include vanilla or banana extract. The baked custard filling may vary from light and silky to dense, depending on the recipe's ratio of mashed potato, milk, and eggs.

Although creamy vegetable pie recipes date back to medieval Europe, sweet potato pie appears in the southern United States from the early colonial days. Like many sweet potato recipes, sweet potato pie was likely developed from traditional African cuisine, making it a staple of soul food today. Recipes for sweet potato pie first appeared in printed cookbooks in the eighteenth century, where it was included with savory vegetable dishes. By the nineteenth century, sweet potato pie was more commonly classified as a dessert.

INGREDIENTS

FOR THE FILLING:

2 cups (490 g) peeled and cubed sweet potato

5 tablespoons (70 g) butter

1 cup (235 ml) milk

1 cup (225 g) packed brown sugar

Pinch of ground ginger

¼ teaspoon ground cinnamon

⅛ teaspoon ground nutmeg

FOR THE PASTRY:

½ cup (112 g) cold unsalted butter

1¾ cups (210 g) all-purpose flour, plus more as needed

1 tablespoon (12 g) sugar

2¼ teaspoons baking powder

¾ teaspoon salt

¼ teaspoon baking soda

¾ cup (175 ml) cold buttermilk

4 cups (940 ml) vegetable oil, for frying

INSTRUCTIONS

To make the filling: In a pot, cover the sweet potato cubes with water and bring to a boil; cook until tender and easily pierced with a fork, 10 to 15 minutes, then transfer to a bowl and mash with a potato masher. Heat the butter in a heavy-bottom skillet over medium heat. Add the sweet potatoes and cook, stirring continuously and pressing down, for about 8 to 10 minutes, until you have a smooth purée. Add the milk, mix in well, and bring to a boil. Cook for 2 minutes, add the sugar, ginger, cinnamon, and nutmeg, and cook for 6 to 8 minutes longer, or until the mixture pulls away from the sides of the pan.

To make the pastry: Cut the butter into small pea-size chunks and toss with the flour. Add the sugar, baking powder, salt, and baking soda. Toss to make sure all the butter and flour mixture is evenly distributed. Add the cold buttermilk and stir until all of the flour is absorbed by the buttermilk and the dough forms a coarse lump, about 1 minute.

Dust a work surface with flour and dump the dough onto the floured surface. Roll the dough into a $\frac{3}{4}$ -inch (2 cm) thick rectangle. Fold the dough over onto itself in three sections, like folding a letter. With a bench scraper or metal spatula, lift the dough off the counter and dust under it with flour to prevent sticking, if necessary. Dust the top with flour and press the dough out again into a $\frac{3}{4}$ -inch (2 cm) thick rectangle and repeat the trifold. Repeat this three times. Refrigerate until the dough is soft and pliable, approximately 15 minutes.

Roll out the dough to $\frac{1}{4}$ -inch (6 mm) thick. Cut the dough into 7- to 8-inch (17.5 to 20 cm) rounds. Place 3 tablespoons (42 g) of filling on each circle. Brush the edges of the circle with water. Fold the circle over the filling to make a half-moon shape. Seal by pressing the edges with a fork.

Pour the oil to a depth of 3 inches (7.5 cm) into a Dutch oven and heat to 350°F (180°C) on the stove top. Add the pies to the oil, one at a time, and fry until golden brown, turning the pies as necessary for even browning, about 5 to 8 minutes. Drain on paper towels.

Yield: Makes 8 to 10 hand pies



PIE-CRUST DOUGHNUTS

FRIED LEMON MERINGUE PIE

Lemon meringue hand pies are a tart treat that always make me think of summer. This is a slightly more complicated recipe because it has multiple components. It has to be delicately crafted so that they all blend together smoothly. It is especially important to torch your meringue before sealing the pie, as it creates a nice toasty flavor.

INGREDIENTS

FOR THE LEMON MERINGUE:

1/2 cup (100 g) sugar

3 tablespoons (45 ml) water

2 egg whites, at room temperature

1/4 teaspoon lemon juice

FOR THE PASTRY:

1/4 cup (112 g) cold unsalted butter

1 3/4 cups (210 g) all-purpose flour,
plus more as needed

1 tablespoon (12 g) sugar

2 1/4 teaspoons baking powder

3/4 teaspoon salt

1/4 teaspoon baking soda

3/4 cup (175 ml) cold buttermilk

1 recipe Lemon Curd Filling (page 129)

4 cups (940 ml) vegetable oil, for frying

INSTRUCTIONS

To make the lemon meringue: In a small pot, combine the sugar and water and stir until it resembles wet sand. Turn on the heat to low and swirl the pot to dissolve the sugar. Wash down the sides of the pot with a wet brush if sugar crystals are there. Heat to the soft-ball stage, 235°F (113°C).

In a bowl, beat the egg whites and lemon juice on medium speed until soft peaks form, 2 to 3 minutes. With the mixer running, pour in the hot sugar syrup in a thin stream. Beat until the egg whites are stiff and glossy, about 3 minutes. Let cool.

To make the pastry: Cut the butter into small pea-size chunks and toss with the flour. Add the sugar, baking powder, salt, and baking soda. Toss to make sure all the butter and flour mixture is evenly distributed. Add the cold buttermilk and stir until all of the flour is absorbed by the buttermilk and the dough forms a coarse lump, about 1 minute.

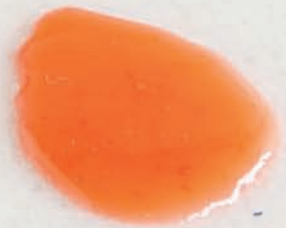
Dust a work surface with flour and dump the dough onto the floured surface. Roll the dough into a 3/4-inch (2 cm) thick rectangle. Fold the dough over onto itself in three sections, like folding a letter. With a bench scraper or metal spatula, lift the dough off the counter and dust under it with flour to prevent sticking, if necessary. Dust the top with flour and press the dough out again into a 3/4-inch (2 cm) thick rectangle and repeat the trifold. Repeat this three times. Refrigerate until the dough is soft and pliable, approximately 15 minutes.

Roll out the dough to 1/4-inch (6 mm) thick. Cut the dough into 7- to 8-inch (17.5 to 20 cm) rounds. Place a dollop of lemon curd, then a dollop of meringue, on each circle. Torch the meringue briefly. Brush the edges of the circle with water. Fold the circle over the filling to make a half-moon shape. Seal by pressing the edges with a fork.

Pour the oil to a depth of 3 inches (7.5 cm) into a Dutch oven and heat to 350°F (180°C) on the stove top. Add the pies to the oil, one at a time, and fry until golden brown, turning the pies as necessary for even browning, about 5 to 8 minutes. Drain on paper towels.

Yield: Makes 8 to 10 hand pies





CHAPTER 5

GLAZES AND ICINGS

Glazes and icings are really the basis for this new wave of doughnut love that has been sweeping the country. Coating with glazes such as vanilla bean or lemon, or adding peanut butter cups or M&Ms to an icing, have helped bolster the popularity of the doughnut, inspiring many bakers to broaden their product lines to create new and surprising flavor combinations for their customers. If you have a solid doughnut base, you can make a tremendous amount of flavor offerings in the same batch using just a few different icings and glazes.



GLAZES

In this cookbook I use the term *glaze* interchangeably with *thin icing*. These *glazes* or *thin icings* are used to coat the entire doughnut and then drip dry on a cooling tray. In contrast, I use the term *icing* to refer to the thick icing that you would dip a doughnut into.

See [Creative Combination 39](#) for an idea for this glaze.

GLAZES

HONEY GLAZE

Sublime Doughnuts' honey glaze is unique because it is composed of only a few ingredients, but together they are magnificent. It's unusual because we actually use honey in the honey glaze. Most recipes for glazed doughnuts no longer call for honey. Instead, they use a less-expensive corn syrup or something of that nature. We use honey, which is an invert sugar, in our glaze because when the doughnut is glazed, it creates a slight film, which makes it appear glossy. Additionally, when the honey glaze covers the entire doughnut, it acts as a moisture barrier, protecting the doughnut from becoming stale. The addition of powdered sugar helps it set hard, creating a nice shell on the outside of the doughnut.

INGREDIENTS

1 pound (454 g) confectioners' sugar
1/2 vanilla bean
1 tablespoon (15 g) honey
5 tablespoons (75 ml) milk

INSTRUCTIONS

Place the confectioners' sugar, vanilla bean, and honey in a bowl. Heat the milk to 180°F (82°C) in a microwave or on the stove top, using a thermometer to ensure that the milk has been heated to the proper temperature. While mixing the sugar mixture on slow speed, gradually drizzle in some of the hot milk. Create a smooth, thick paste at first, and continue to add more hot milk to smooth out any lumps, thinning to the desired consistency.

Immediately after the doughnuts have been fried, submerge half of the doughnut in the glaze, turn over, and repeat on the other side. Allow to drip dry.

Yield: Makes 2 cups (470 ml)

VANILLA

At Sublime Doughnuts, we use a vanilla bean instead of vanilla extract for distinctive flavor. Cut the bean in half lengthwise and scrape out the insides.

If you don't have vanilla beans, we recommend using imitation vanilla extract, as opposed to pure vanilla extract, for superior taste. (Word on the street: The U.S. Food and Drug Administration governs what can be called pure vanilla extract, but not imitation vanilla extract, allowing for more vanillin in the imitation variety, which creates a vanilla profile that is more often preferred by consumers). Use 1/2 tablespoon (7 ml) as a substitution for one bean.



GLAZES

PEANUT BUTTER GLAZE

This is more of a peanut butter ganache, but when melted at a proper temperature, it can cover a doughnut and sit just like a normal glaze, bringing peanut buttery deliciousness to your creations!

INGREDIENTS

2 cups (470 ml) heavy cream

2 cups (350 g) white chocolate chips

1 cup (260 g) peanut butter

INSTRUCTIONS

Bring the heavy cream to a simmer in a pot over medium heat. Place the chocolate chips in a heatproof bowl and pour the heavy cream over, stirring until smooth. Whisk in the peanut butter and stir until all the ingredients are fully combined.

After the doughnuts are cool, submerge half of the doughnut in the glaze.

Yield: Makes 4 cups (940 ml)

★ DOUGHNUT TRIVIA ★

“Doing donuts” is the act of quickly accelerating the car and then yanking the wheel so that the car spins. Performing this maneuver entails rotating the rear or front of the vehicle around the opposite set of wheels in a continuous motion.



See Creative
Combination
03 for an idea
for this glaze.

GLAZES

STAWBERRY GLAZE

This recipe is a good way to enhance the flavor of fresh strawberries year-round. For example, when you buy strawberries in the wintertime, they are often a bit sour, and not at their peak flavor. Dipping your strawberries in this glaze can bring out the strawberry's natural sweetness at any time of year.

INGREDIENTS

.....

2/3 cup (160 ml) water

2 pounds (908 g) fresh strawberries,
stems removed

1/2 cup (100 g) sugar

2 teaspoons (10 ml) lemon juice

1 tablespoon (8 g) cornstarch

3 tablespoons (45 ml) cold water

INSTRUCTIONS

.....

Combine the 2/3 cup (160 ml) water, strawberries, sugar, and lemon juice in a large, heavy-bottomed saucepan. Bring to a boil over high heat, stirring constantly. Reduce the heat to low, and simmer for up to 10 minutes, stirring occasionally. As the strawberries soften, use a wooden spoon to break them into pieces to release their flavor. Remove from the heat.

Using a strainer, pour the liquid into a bowl, pressing the juices through the strainer with a wooden spoon. Discard the solids, and return the liquid to the pan over low heat.

Meanwhile, whisk the cornstarch with the cold water in a small bowl. Pour into the simmering liquid. Increase the heat to high, and continue to whisk the mixture until it thickens into a glaze, 3 to 5 minutes. Remove the glaze from the heat, and pour into a separate bowl to cool. Once the glaze has reached room temperature, place in the refrigerator to chill.

After the doughnuts are cool, submerge half of the doughnut in the glaze, turn over, and repeat on the other side. Allow to drip dry.

Yield: Makes 2 cups (470 ml)



See Creative
Combinations
23 & 32 for ideas
for this glaze.

GLAZES

LEMON-THYME GLAZE

Lemon and thyme pair well together. You'll find this combination in an array of recipes, from chicken to potatoes au gratin, and even summertime cocktails. Lemon is always refreshing, but the addition of thyme gives it an increased depth of flavor, complementing the lemon. This glaze is not only delicious but also creates an aesthetically pleasing coating that will be a unique treat your guests will definitely remember.

INGREDIENTS

Zest of 1 lemon

1 pound (454 g) confectioners' sugar

1 teaspoon chopped fresh thyme leaves

¾ cup (180 ml) fresh lemon juice

INSTRUCTIONS

Add the lemon zest, confectioners' sugar, and thyme to a bowl and mix thoroughly. Slowly add the lemon juice and stir until the desired consistency is reached.

After the doughnuts are cool, submerge half of the doughnut in the glaze, turn over, and repeat on the other side. Allow to drip dry.

Yield: Makes 2 cups (470 ml)



See Creative
Combinations
02, 19, 38 & 48 for
ideas for this glaze.

GLAZES

ORANGE WITH GRAND MARNIER GLAZE

When I was in baking and pastry school, the Certified Master Baker Dieter Schoner told me that if you want to make things taste sour, you use juice, but if you want the product to taste like an actual fruit, you use the zest. For that reason, Sublime Doughnuts uses the juice *and* the zest so that the taste of our glaze is very similar to an actual orange.

INGREDIENTS

Zest of 1 orange

1 pound (454 g) confectioners' sugar

½ cup (120 ml) orange juice

1 tablespoon (15 ml) Grand Marnier

INSTRUCTIONS

Add the orange zest and confectioners' sugar to a bowl and mix thoroughly. Slowly add the orange juice and Grand Marnier and stir until the desired consistency is reached.

After the doughnuts are cool, submerge half of the doughnut in the glaze, turn over, and repeat on the other side. Allow to drip dry.

Yield: Makes 2 cups (470 ml)

★ DOUGHNUT TRIVIA ★

Even though doughnuts are synonymous with America, Canadians actually consume more doughnuts per capita than any other country in the world.



ICINGS

Nothing says “doughnut love” like a nice, crownlike ring of thick icing on the surface of your doughnut. Here are some great icing choices to explore, from classic milk chocolate to tangy pink lemonade to rich bourbon.

See **Creative Combinations** 05, 09, 30 & 40 for ideas for this icing.

ICINGS

SALTED CARAMEL ICING

Salted caramel has become a very popular flavor found in ice cream and cupcakes. There are entire food lines based on this delectable combination of sweet and savory. We hope you'll enjoy it on your doughnuts, and whatever else you may have around the kitchen!

INGREDIENTS

¼ cup (50 g) granulated sugar

2 tablespoons (30 ml) water

¾ cup (168 g) unsalted butter, cut into pieces, at room temperature

¼ cup (60 ml) heavy cream

1 teaspoon vanilla extract

1 cup (120 g) confectioners' sugar

½ teaspoon fine salt

INSTRUCTIONS

Briefly stir together the granulated sugar and water in a small saucepan and bring to a boil over medium-high heat. Continue cooking, without stirring, until the mixture turns dark amber in color, about 6 to 7 minutes.

Remove from the heat and slowly add the butter, cream, and vanilla, stirring with a wooden spoon until completely smooth. Set aside until cool to the touch, about 25 minutes.

Combine the caramel, confectioners' sugar, and salt in a large bowl and mix until completely incorporated and lump free. Cover and refrigerate before using.

Yield: Makes 1½ to 2 cups (355 to 470 ml)



See Creative
Combinations
15, 18, 24, 27, 33
& 43 for ideas for
this icing.

ICINGS

MILK CHOCOLATE ICING

Milk chocolate icing is very popular and preferred by many customers over dark chocolate, which is a little bitter for some people's tastes. We like to use Peter's Milk Chocolate at Sublime Doughnuts. Daniel Peter was a Swiss chocolatier who created the world's first chocolate bar. If you're unable to find Peter's, we also like Ghirardelli. The Peanut Butter Cup Doughnut at Sublime Doughnuts is prepared with this icing and is one of our most popular doughnuts.

INGREDIENTS

½ cup (112 g) unsalted butter
3 tablespoons (45 ml) whole milk
1 tablespoon (15 g) light corn syrup
2 teaspoons (10 ml) vanilla extract
4 ounces (112 g) milk chocolate, chopped
2 cups (240 g) confectioners' sugar

INSTRUCTIONS

Combine the butter, milk, corn syrup, and vanilla in a medium saucepan and heat over medium heat until the butter is melted. Decrease the heat to low, add the chocolate, and whisk until melted. Turn off the heat, add the confectioners' sugar, and whisk until smooth. Push through a sieve or fine-mesh strainer. Place the mixture over a bowl of warm water and dip the doughnuts immediately. Allow the icing to set for 30 minutes before serving.

Yield: Makes 2 cups (470 ml)



See Creative
Combinations
O1, O2 & 21 for
ideas for this icing.

ICINGS

DARK CHOCOLATE ICING

Dark chocolate is delicious, with bitter, darker, roastier, malty notes. It is produced by adding fat and sugar to cocoa. When shopping for dark chocolate, look at the percentage of cocoa—the lower the percentage of cocoa, the sweeter the taste; the higher the percentage of cocoa, the more bitter the taste. For enjoying straight out of the package, I like to go with 60% cocoa. This dark chocolate icing can be used as is for a doughnut, or whipped up into a fluffy icing for any baked goods.

INGREDIENTS

½ cup (112 g) unsalted butter

¼ cup (60 ml) whole milk

1 tablespoon (15 g) light corn syrup

2 teaspoons (10 ml) vanilla extract

4 ounces (112 g) dark chocolate, chopped

2 cups (240 g) confectioners' sugar

INSTRUCTIONS

Combine the butter, milk, corn syrup, and vanilla in a medium saucepan and heat over medium heat until the butter is melted. Decrease the heat to low, add the chocolate, and whisk until melted. Turn off the heat, add the confectioners' sugar, and whisk until smooth. Push through a sieve or fine-mesh strainer. Place the mixture over a bowl of warm water and dip the doughnuts immediately. Allow the icing to set for 30 minutes before serving.

Yield: Makes 2 cups (470 ml)



See Creative
Combination
O2 for an idea
for this icing.

GLAZES

ORANGE ICING

This orange icing has the perfect balance of sweet and tart with a full orange flavor. When I was a young, wannabe pastry chef, an executive pastry chef at culinary school once told me a valuable secret about how to get the flavor you want out of a citrus fruit. He said to get the flavor of an orange use the skin and zest it finely, and if you want a slight pucker to your product, use the juice for the sourness.

INGREDIENTS

1 orange, zested
4 ounces (112 ml) orange juice
1 pound (454 g) confectioners' sugar

INSTRUCTIONS

Use a microplane grater to collect the orange zest. Add the zest and sugar to a bowl and mix thoroughly. Squeeze the orange to extract the juice, slowly adding to the mix until the desired consistency is reached.

Yield: Makes 4 cups (470 ml)



See Creative
Combinations
24 & 37 for ideas
for this icing.

ICINGS

WHITE CHOCOLATE ICING

White chocolate icing is good for people who like a more vanilla-like icing and less harsh chocolate bitter notes. White chocolate is sugar, milk, and cocoa butter. It doesn't have any cocoa solids, so it's not really chocolate; it is more accurately sweetened cocoa butter. When using white chocolate icing, you can also add different flavor notes that will shine—maybe a strawberry or pistachio flavor that will complement the subtle chocolate taste.

INGREDIENTS

1/3 cup (75 g) unsalted butter
2 tablespoons (30 ml) whole milk
1 tablespoon (15 g) light corn syrup
2 teaspoons (10 ml) vanilla extract
5 ounces (140 g) white chocolate,
chopped
2 cups (240 g) confectioners' sugar

INSTRUCTIONS

Combine the butter, milk, corn syrup, and vanilla in a medium saucepan and heat over medium heat until the butter is melted. Decrease the heat to low, add the chocolate, and whisk until melted. Turn off the heat, add the confectioners' sugar, and whisk until smooth. Push through a sieve or fine-mesh strainer. Set the mixture over a bowl of warm water and dip the doughnuts immediately. Allow the icing to set for 30 minutes before serving.

Yield: Makes 2 cups (470 ml)



See Creative
Combinations
17, 34, 37 & 48 for
ideas for this icing.

ICINGS

DULCE DE LECHE ICING

Dulce de leche is a Spanish variety of caramel, and every Spanish-speaking country has its own style. At Sublime Doughnuts, we have simplified the recipe to make it as easy as possible, using caramelized sweetened condensed milk that can be used as icing.

INGREDIENTS

1 can (14 ounces, or 392 g)
sweetened condensed milk

INSTRUCTIONS

Place the unopened can of condensed milk in a heavy-bottomed saucepan. Completely cover with water. Heat the water to a simmer and simmer for 4 hours. Remove the can from the water. Carefully open the can. Place the contents in an airtight container and refrigerate until ready to use.

Yield: Makes 1½ cups (355 ml)



See Creative
Combinations
04, 43 & 44 for
ideas for this icing.

ICINGS

VANILLA FONDANT ICING

Vanilla fondant is a great all-purpose icing. You can add different flavors and colors to it for an array of tastes and designs for your unique doughnut creations.

INGREDIENTS

1 cup (200 g) shortening
1 cup (235 ml) light corn syrup
¼ teaspoon salt
1 teaspoon vanilla extract
2 pounds (240 g) confectioners' sugar

INSTRUCTIONS

In a large bowl, stir together the shortening and corn syrup. Blend in the salt and vanilla. Gradually mix in the confectioners' sugar until a stiff dough is formed. Note: If you are using a stand mixer, use the dough hook attachment.

Store the fondant in an airtight container at room temperature or in the refrigerator. It can last at room temperature for up to a week, but it will last in the refrigerator for months.

Yield: Makes 3 to 4 cups (705 to 940 ml)



See Creative
Combinations
07 & 11 for ideas
for this icing.

ICINGS

MAPLE ICING

For maple icing, use a dark-colored, amber maple syrup (grade B, for example). The darker the syrup, the more pronounced the flavor. This is especially important, because with the confectioners' sugar you'll be adding, you don't want to lose the maple flavor.

INGREDIENTS

2 cups (240 g) confectioners' sugar
3 tablespoons (45 ml) grade B
maple syrup

INSTRUCTIONS

Sift the confectioners' sugar into a mixing bowl. Blend in 1 tablespoon (15 ml) of the maple syrup at a time, to form a thick paste, and then stir until the mixture is a spreadable consistency.

Yield: Makes 1 cup (235 ml)

★ DOUGHNUT TRIVIA ★

The phrase, "time to make the doughnuts," was popularized by the Dunkin' Donuts' television character, Fred the Baker. It is now commonplace in the American lexicon for when it is time to get some hard work done, but you are already tired.



See Creative
Combinations
08, 15, 29, 31 & 35
for ideas for this
icing.

ICINGS

PEANUT BUTTER ICING

You can't go wrong with this icing—it goes well with everything. The Peanut Butter Cup Doughnut is one of the most popular with Sublime Doughnuts' customers, selling thousands a year.

INGREDIENTS

1 cup (120 g) confectioners' sugar
1 cup (260 g) creamy peanut butter
5 tablespoons (70 g) unsalted butter,
at room temperature
¾ teaspoon vanilla extract
¼ teaspoon salt

INSTRUCTIONS

Combine the confectioners' sugar, peanut butter, butter, vanilla, and salt in the bowl of an electric mixer fitted with the paddle attachment. Mix on medium-low speed until creamy, scraping the sides of the bowl with a rubber spatula as you work. Beat on high speed until the mixture is light and smooth. Use immediately, or transfer to an airtight container and store in the refrigerator for up to 2 weeks.

Yield: Makes 3 cups (705 ml)



See Creative
Combinations
26, 45 & 46 for
ideas for this icing.

ICINGS

PISTACHIO ICING

This delicious icing is great on a cake or a yeast-raised doughnut.

INGREDIENTS

5 tablespoons (75 ml) milk
2 ounces (56 g) shelled pistachios
1 pound (454 g) confectioners' sugar
1 vanilla bean, split and scraped
1 tablespoon (15 g) corn syrup

INSTRUCTIONS

In a small heatproof bowl, bring the milk and pistachios to a boil in the microwave. Remove from the heat. Transfer to a food processor and blend until the nuts are very finely chopped, then cover and let stand for 1 hour.

Place the confectioners' sugar, vanilla bean scrapings, and corn syrup in a mixing bowl. Heat the milk and ground pistachios to 180°F (82°C) in a microwave or on the stove top, using a thermometer to ensure that the milk has been heated to the proper temperature. While mixing the sugar on slow speed, gradually drizzle in some of the hot milk. Create a smooth, thick paste at first, and continue to add more hot milk to smooth out any lumps, thinning to the desired consistency.

Use immediately, or transfer to an airtight container and store in the refrigerator for up to 2 weeks.

Yield: Makes 2 cups (470 ml)



See Creative
Combinations
22, 36 & 42 for
ideas for this icing.

ICINGS

PINK LEMONADE ICING

Pink lemonade icing is a delightful flavor that we typically serve at Sublime Doughnuts during the summer. The flavor was inspired by a regular customer who was a member of the Alpha Kappa Alpha (AKA) sorority and always wore her sorority colors, pink and green. Her favorite doughnuts were those that had a lemony or tart flavor. She inspired me to make a lemonade icing that was pink in honor of her sorority.

INGREDIENTS

2 strawberries
Zest of 1 lemon
1 pound (454 g) confectioners' sugar
½ cup (120 ml) fresh lemon juice

INSTRUCTIONS

Purée the strawberries in a food processor. Transfer to a bowl, add the zest and confectioners' sugar, and mix thoroughly. Slowly add the lemon juice to the mixture until the desired consistency is reached.

After the doughnuts are cool, submerge half of the doughnut in the icing, turn over, and repeat on the other side. Allow to drip dry.

Yield: Makes 2 cups (470 ml)



ICINGS

GERMAN CHOCOLATE ICING

As you'll see, there are no chocolate or traditional German ingredients in this icing. But, this icing is definitely one you would put on a German chocolate cake. It became popular through a recipe by Sam German on the back of Baker's chocolate bars—so popular that people now associate coconut, pecans, and chocolate with Germany, but it is actually an American creation.

INGREDIENTS

1/2 cup (112 g) unsalted butter
1 cup (235 ml) evaporated milk
1 cup (200 g) sugar
4 egg yolks
1 cup (100 g) pecans, chopped
and toasted
1 1/2 cups (120 g) coconut, toasted
1 teaspoon vanilla extract

INSTRUCTIONS

Place the butter, evaporated milk, and 1/2 cup (100 g) of the sugar in a heavy-bottomed saucepan over medium heat and cook until the butter is melted. In a bowl, whisk together the egg yolks and the remaining 1/2 cup (100 g) sugar and add to the saucepan. Cook over medium heat until the mixture starts to bubble, about 9 minutes, stirring constantly.

Place the pecans and toasted coconut in a metal bowl, pour the hot mixture over them, add the vanilla, and mix well. Allow to cool. Place the mixture in the refrigerator, stirring occasionally, until it is thoroughly cool and thickened.

Yield: Makes 4 cups (940 ml)



See Creative
Combinations
14 & 20 for ideas
for this icing.

ICINGS

CREAM CHEESE ICING

The tangy flavor of cream cheese pairs well with all sweet fruits. At Sublime Doughnuts we combine cream cheese icing with apples, mangoes, strawberries, and pineapple to the delight of our customers. This icing can be used as a topping, a filling, and if thinned out, a glaze.

INGREDIENTS

½ cup (112 g) unsalted butter, softened
4 ounces (112 g) cream cheese, softened
2 cups (240 g) confectioners' sugar
1 teaspoon vanilla extract

INSTRUCTIONS

In a large bowl, beat together the butter and cream cheese with an electric mixer on high speed. Turn the mixer to low speed, add the confectioners' sugar, 1 cup (120 g) at a time, and beat until smooth and creamy. Beat in the vanilla.

Store the icing in an airtight container in the refrigerator.

Yield: Makes 4 cups (940 ml)



See Creative
Combinations
13, 16 & 47 for ideas
for this icing.

ICINGS

BOURBON ICING

Any bourbon whiskey will work in this recipe, but you'll have a stronger woody taste with well-aged bourbon because oak barrel soaking produces a vanilla flavor with caramel undertones.

INGREDIENTS

3 tablespoons (42 g) unsalted butter,
melted

4 teaspoons (20 ml) bourbon

1 cup (120 g) confectioners' sugar

INSTRUCTIONS

Whisk together the melted butter, bourbon, and confectioners' sugar until well combined and free of lumps.

Store the icing in an airtight container at room temperature or in the refrigerator. It can last at room temperature for up to a week, but it will last in the refrigerator for months.

Yield: Makes 1 cup (235 ml)



CHAPTER 6

FILLINGS

Fillings are the newest trend in the doughnut-making industry. As new doughnut shops open, you'll find an increased creativity in filling choices, ranging from vanilla bean custard to cognac custard to fresh apple butter to seasonal jams with a hint of Merlot. You can get extremely creative with fillings because there are many different types—from jams and jellies to icings, custards, and creams. Plus, you can invent your own unique doughnut filling.

There are many creative ways to apply fillings.

- Poke a hole in a cooled doughnut with a chopstick and jiggle it to clear out the center. Put the filling inside a pastry bag, and insert the tip of the bag into the doughnut. Squeeze the filling into the doughnut, making sure you don't overfill it.
- For a doughnut ice cream sandwich, cut the doughnut completely in half. Place the ice cream directly into the center of the doughnut, and replace the top.
- You can also fill some doughnuts before you fry them—such as the fried, pie-style doughnuts.
- For thicker fillings, (like a whipped ganache, butter cream icing, or apple butter) cut the doughnut half way and heap the filling into the doughnut—creating a sandwich or a delicious, sweet hot dog bun.
- Use the cup variation. When you are cutting out the dough for the doughnuts, don't remove the hole before cooking. Once the doughnuts are cooked, you can gently compress the cut-out to form a cup for filling.



See Creative
Combinations
10 & 31 for ideas
for this filling.

FILLINGS

RASPBERRY JAM FILLING

Raspberry jam filling is the classic jam that you will find in most doughnut shops. Feel free to add your own creative spin, to meet your own unique tastes.

INGREDIENTS

4 cups (500 g) raspberries

4 cups (800 g) sugar

INSTRUCTIONS

Place the raspberries in a large stainless steel or enamel saucepan. Bring to a full boil over high heat, mashing the berries with a spoon as they heat. Boil hard for 1 minute, stirring constantly. Add the sugar, and return to a boil.

Boil until the mixture thickens, approximately 5 minutes. Let cool before using, or transfer to an airtight container and store in the refrigerator for up to 2 weeks.

Yield: Makes 4 cups (1280 g)



See Creative
Combinations
16 & 35 for ideas
for this filling.

FILLINGS

APPLE BUTTER FILLING

Apple butter is great when made freshly at home. Everyone likes apple pie, and apple butter embodies all of that taste in a spreadable version. This apple butter goes well on everything from pork chops to pancakes.

INGREDIENTS

1 pound (454 g) Fuji apples, diced
(2 large)

1 pound (454 g) Granny Smith apples,
diced (2 large)

1 pound (454 g) Courtland apples,
diced (2 large)

1 cup (235 ml) apple cider

2 cups (400 g) sugar

2 tablespoons (30 ml) lemon juice

2 tablespoons (14 g) ground cinnamon

Pinch of ground ginger

INSTRUCTIONS

Combine the apples and cider in a very large stainless steel or enamel saucepan. Bring to a boil over medium-high heat, stirring occasionally. Reduce the heat and boil gently for 20 minutes, or until the mixture is reduced by half. Stir in the sugar, lemon juice, cinnamon, and ginger. Return to a boil, reduce the heat, and boil gently for about 25 minutes, or until the mixture is very thick. Let cool before using, or transfer to an airtight container and store in the refrigerator for up to 2 weeks.

Yield: Makes 4 cups (1280 g)



See Creative
Combinations
28 & 33 for ideas
for this filling.

FILLINGS

FRESH STRAWBERRY FILLING

The strawberry glaze provides a concentrated strawberry flavor that when combined with fresh strawberries enhances their natural taste, better than any jam or jelly you will ever try!

INGREDIENTS

1 pint (290 g) strawberries
1 recipe Strawberry Glaze (page 75)

INSTRUCTIONS

Wash the strawberries, cut off the stems, and cut in half. Add to a bowl. Add the strawberry glaze and stir to combine. Store in an airtight container in the refrigerator until ready to use.

Yield: Makes 4 cups (1280 g)

★ DOUGHNUT TRIVIA ★

In South Africa, balls of fried dough are soaked in spiced syrup and coated with coconut. Other African doughnut variations are served with mince, syrup, honey, or jam.



See Creative
Combinations
23, 36 & 44 for
ideas for this filling.

FILLINGS

BLUEBERRY FILLING

Blueberry filling is a great summertime treat. If you get some fresh blueberries, take advantage of them before they go out of season. When making the blueberry filling, be sure to keep a close eye on it because blueberry thickens up a lot faster than other jam fillings do.

INGREDIENTS

4 cups (580 g) blueberries
4 cups (800 g) sugar

INSTRUCTIONS

Place the blueberries in a large stainless steel or enamel saucepan. Bring to a full boil over high heat, mashing the berries with a spoon as they heat. Boil hard for 1 minute, stirring constantly. Add the sugar, return to a boil, and boil until the mixture thickens, about 4 minutes. Let cool before using, or transfer to an airtight container and store in the refrigerator for up to 2 weeks.

Yield: Makes 4 cups (1280 g)



See Creative
Combination
27 for an idea
for this filling.

FILLINGS

WHIPPED CHOCOLATE GANACHE FILLING

Whipped chocolate ganache is very light and airy and not too sweet. If you want to make a great Long John-style doughnut, cut your doughnut into a bar shape, split it in half (like a hot dog bun), and then pipe it full of whipped chocolate ganache. Share this with your family and friends and they will be in love!

INGREDIENTS

6 ounces (168 g) best-quality bittersweet chocolate

2 cups (470 ml) heavy cream

4 teaspoons (10 g) confectioners' sugar

INSTRUCTIONS

Place the chopped chocolate in a medium-size bowl. Heat the heavy cream in a large, heavy saucepan over medium-high heat until it simmers gently. Immediately pour the hot cream over the chocolate and stir gently until the chocolate is melted. Stir in the sugar and strain through a sieve. Stir the ganache gently until it's perfectly smooth, and let it cool. Cover with plastic and place in the refrigerator until chilled. Whip the ganache until it's spreadable and stiff enough to hold a nice shape. Use immediately, or transfer to an airtight container and store in the refrigerator for up to 2 weeks.

Yield: Makes 4 cups (1280 g)



FILLINGS

WHIPPED VANILLA CREAM FILLING

Our friend Whitney Brown is a great baker and loves to surprise her friends and family with baked goods. She has also labored alongside us at Sublime Doughnuts to make sure that our recipes were home-baker friendly. This is a quick and easy way to make whipped cream that Whitney likes to show off when entertaining. “When I was sixteen, I went to Paris with my mom and had my first taste of REAL Chantilly cream. As soon as I got back home I started experimenting with making whipped cream in various flavors. I was successful using a mixer to whip it, but I wanted to make it in a more authentic way, hand whipped. So, at a dinner party a few years ago, I made a few pies for dessert, but forgot to pick up a can of whipped cream for the topping. Fortunately, I had heavy whipping cream in the fridge. Baffled at how I could possibly do this, my friends egged me on, and so I agreed to make a small batch. I stood at the end of the table to show off my pastry skills and whipped for what seemed like forever, but in the end we had delicious, fresh whipped cream! My friends were not only impressed with the whipped cream, but also with the amount of muscle it takes to make it from scratch.”

INGREDIENTS

1 cup (235 ml) heavy whipping cream
3 tablespoons, plus 1 teaspoon (25 g)
confectioners' sugar
1 teaspoon vanilla extract

INSTRUCTIONS

Chill the bowl and the whisk in the refrigerator until ready to make. Combine the cream, sugar, and vanilla in the chilled bowl and beat with the whisk at high speed just until soft peaks form. When the cream begins to thicken, slow down the beating and it is ready to use. Store in an airtight container in the refrigerator.

Yield: Makes 3 cups (250 g)



See Creative
Combinations
07, 12, 28 & 43 for
ideas for this filling.

FILLINGS

VANILLA BAVARIAN CREAM FILLING

This is Sublime Doughnuts' version of the classic custard that you will find in a inside a Boston cream doughnut. We call our version the "A-Town Cream," because it represents our beautiful city, Atlanta. The vanilla Bavarian cream is essentially a pudding, so if you have your own special vanilla pudding recipe, you should definitely try it and place your own spin on this delicious tradition.

INGREDIENTS

1 vanilla bean, split
2½ cups (590 ml) heavy cream
3 tablespoons (45 ml) milk
¼ cup (50 g) sugar
2 tablespoons (16 g) cornstarch
5 egg yolks

INSTRUCTIONS

Place the split vanilla bean in a saucepot, add the cream and milk, and slowly bring to a boil over medium heat. Remove the bean and scrape the seeds into to the cream, then discard the pod.

In a large heatproof bowl, whisk the sugar, cornstarch, and egg yolks together. Slowly whisk the cream into the mixture. Place the bowl over a pot of simmering water and heat for 1 to 2 minutes, stirring, until the custard reaches 170°F (77°C) on a digital thermometer and is very thick. Remove from the heat, then place the bowl in an ice bath and stir until the filling reaches room temperature. Cover with plastic and chill in the refrigerator before using.

Yield: Makes 3 to 4 cups (600 to 800 g)



See Creative
Combination
18 for an idea
for this filling.

FILLINGS

COFFEE CUSTARD FILLING

You can either put this coffee custard inside a doughnut as a filling, or you can place it in a cup next to the doughnut to have your own version of coffee and doughnuts.

INGREDIENTS

2½ cups (590 ml) heavy cream
3 tablespoons (45 ml) milk
¼ cup (50 g) sugar
2 tablespoons (16 g) cornstarch
5 egg yolks
2 tablespoons (16 g) instant coffee

INSTRUCTIONS

Slowly bring the cream and milk to a boil in a heavy-bottomed pan over medium heat.

In a large heatproof bowl, whisk the sugar, cornstarch, and egg yolks together. Slowly whisk the cream into the mixture. Place the bowl over a pot of simmering water and heat for 1 to 2 minutes, stirring, until the custard reaches 170°F (77°C) on a digital thermometer and is very thick. Remove from the heat, stir in the instant coffee, then place the bowl in an ice bath and stir until the filling reaches room temperature. Cover with plastic and chill in the refrigerator before using.

Yield: Makes 3 to 4 cups (600 to 800 g)



See Creative
Combination
43 for an idea
for this filling.

FILLINGS

CHOCOLATE PASTRY CREAM FILLING

This is a great recipe with which to try a reverse Boston cream doughnut—using a chocolate pastry cream on the inside and vanilla fondant on the outside. Chocolate pastry cream is similar to pudding, so you can use it for multiple baked goods.

INGREDIENTS

1¼ cups (295 ml) whole milk
3 egg yolks
¼ cup (50 g) sugar
1½ teaspoons (3 g) cocoa powder
2 tablespoons (16 g) cornstarch
2 ounces (56 g) semisweet
chocolate, melted
1 teaspoon vanilla extract

INSTRUCTIONS

In a small saucepan, warm the milk over low heat until it is just hot enough to steam. While the milk is warming, whisk together the egg yolks, sugar, cocoa powder, and cornstarch until the mixture is completely smooth. Once the milk is steaming, add the melted chocolate to it and whisk until it is fully incorporated into the milk. Add half of the chocolate milk, whisking constantly, to the egg mixture. Add the milk and eggs back into the hot milk, continue stirring, and heat for 1 to 2 minutes, until the custard reaches 170°F (77°C) on a digital thermometer and is very thick. Remove from the heat, stir in the vanilla extract, cover with plastic, and chill before using.

Yield: Makes 3 to 4 cups (600 to 800 g)



See Creative
Combinations
25 & 42 for ideas
for this filling.

FILLINGS

LEMON CURD FILLING

Everybody loves tangy lemon curd. You can never go wrong with this recipe. You can use it to fill a yeast-raised doughnut and then toss it in confectioners' sugar and have a nice lemon-filled doughnut, or fill a pie-crust shell, add a little meringue, close it up, and create a Fried Lemon Meringue Pie (page 66). You can also spread this lemon curd on top of a scone or a biscuit. The possibilities are very diverse and very delicious.

INGREDIENTS

8 egg yolks
Zest of 1 lemon
½ cup (120 ml) lemon juice
¾ cup (150 g) sugar
¼ cup (112 g) cold unsalted
butter, diced

INSTRUCTIONS

Combine the egg yolks, lemon zest, ¼ cup (60 ml) of the lemon juice, and the sugar in a small saucepan over medium heat, and heat until thickened, 2 to 3 minutes. Do not simmer. Remove from the heat, pour through a strainer into a bowl, and stir in the butter cubes, one at a time, until fully incorporated. Stir in the remaining ¼ cup (60 ml) lemon juice. Cover with plastic and chill before using.

Yield: Makes 2 cups (640 g)



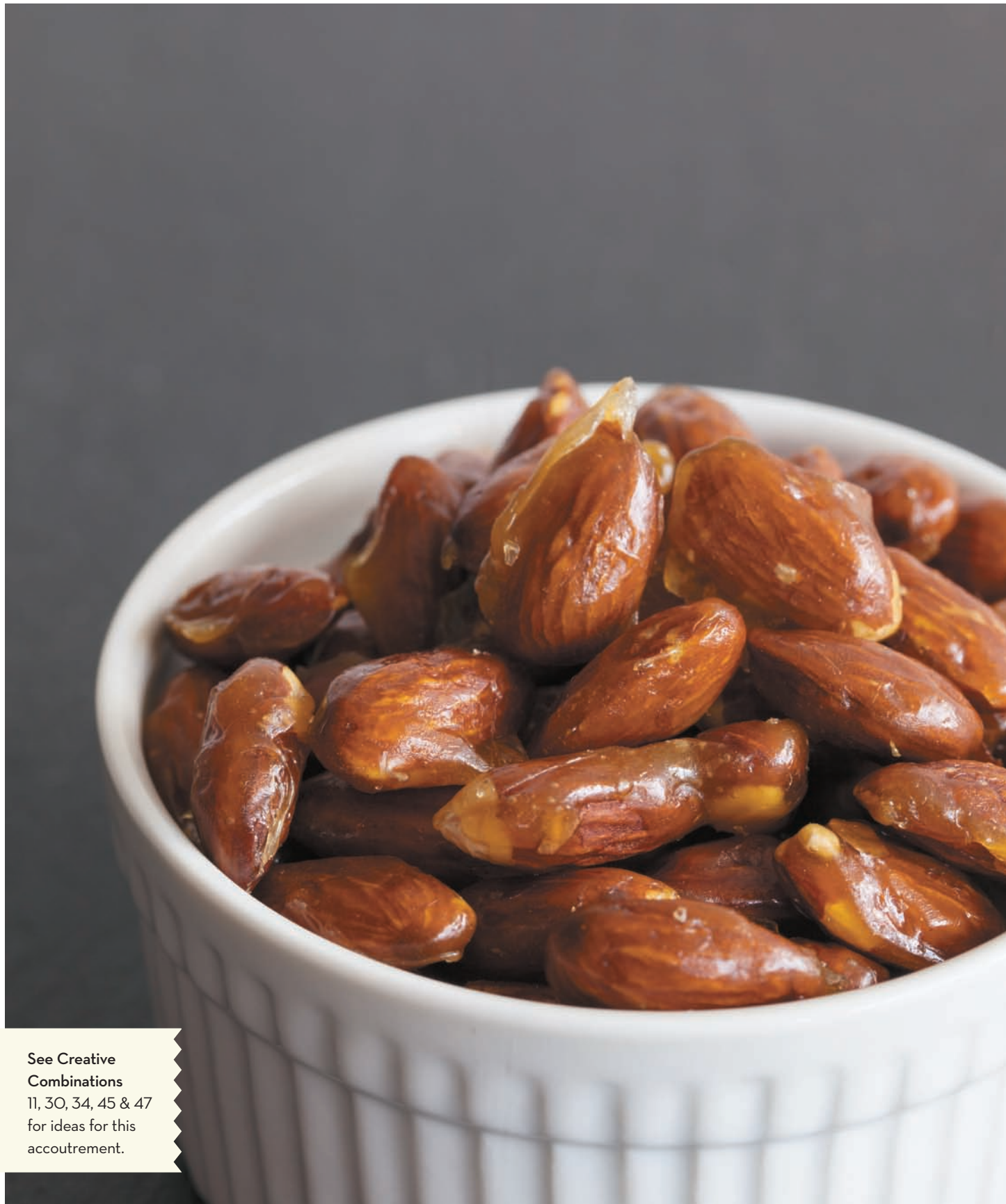
CHAPTER 7

ACCOUTREMENTS

Accoutrements are the extras placed on the doughnut after you have added icing or filling. They give the doughnut some more flavor power and enhance its appearance. The accoutrement can highlight what is already in the doughnut or add a different flavor component that pairs well with it.

★ DOUGHNUT TRIVIA ★

Johnnycakes were an original style of doughnuts made by Native Americans out of ground corn. The method was taught to the early settlers.



See Creative
Combinations
11, 30, 34, 45 & 47
for ideas for this
accoutrement.

ACCOUTREMENTS

ALMONDS

Almonds are a source of good fat—polyunsaturated fats that are essential to a balanced diet. Now, we’re not saying that doughnuts are a health food, but we’re happy to provide you with a scientific rationale for adding almonds to enhance your delicious doughnuts! Don’t get us started on the value of complex carbohydrates! When it comes to truly sublime doughnuts, you might want to hang on to these rationales so that you can justify “just one more...”

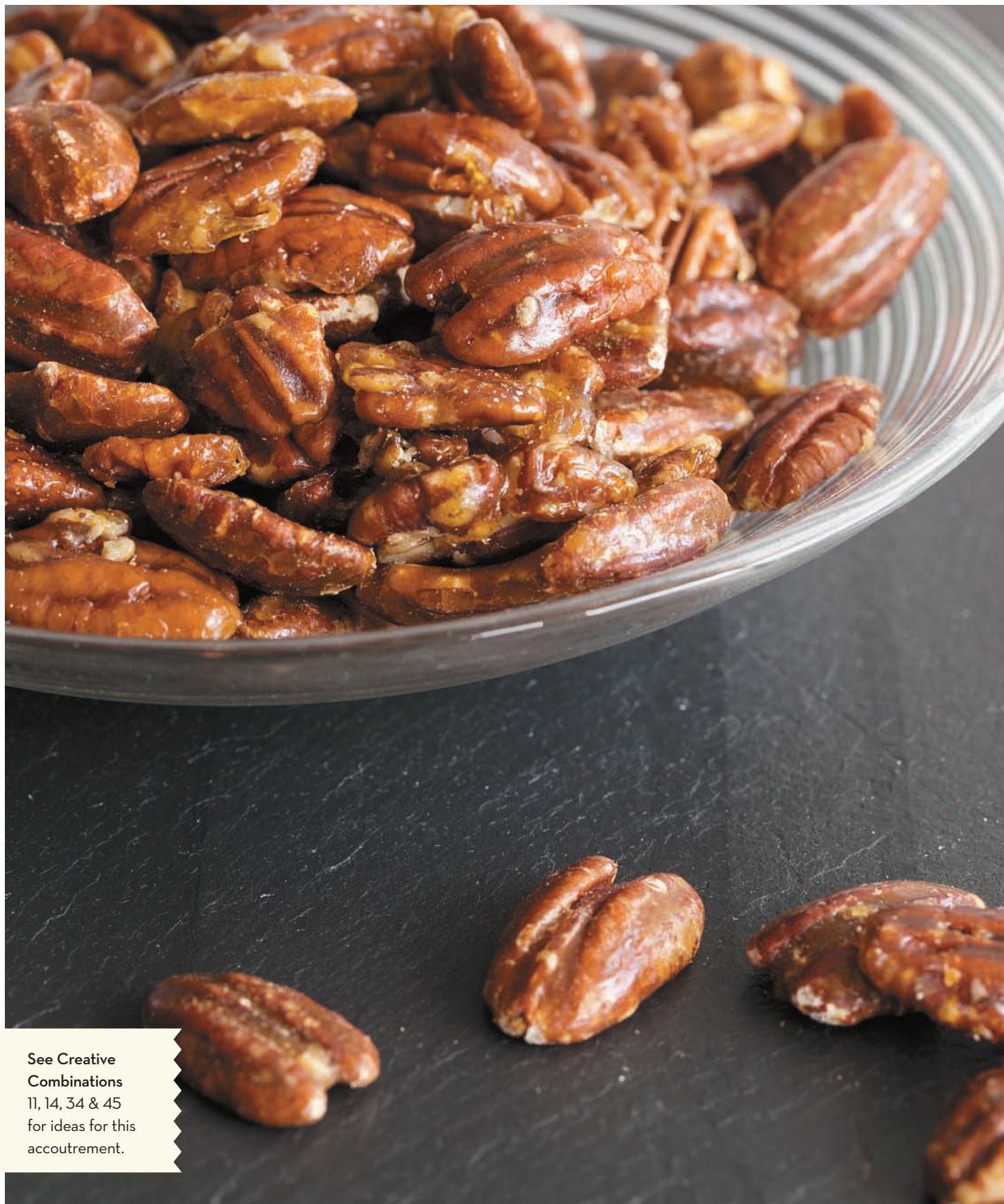
INGREDIENTS

1 cup (200 g) sugar
3 tablespoons (45 ml) water
1 tablespoon (15 ml) corn syrup
2 cups (290 g) whole almonds
1 tablespoon (14 g) unsalted butter

INSTRUCTIONS

Combine the sugar, water, and corn syrup in a heavy-bottomed saucepan over medium-high heat and stir until it resembles wet sand. Carefully, grab the pan’s handle and swish the ingredients to thoroughly dissolve the sugar. After the sugar has dissolved, place back on medium heat and allow it to sit until it becomes amber-colored caramel, about 5 minutes, then remove from the heat and add the almonds. Stir to completely coat the almonds. Add the butter and stir until the butter is melted. Place on a greased sheet pan and carefully separate the almonds using two forks to avoid burning yourself. Let cool before using.

Yield: Makes 3 cups (350 g)



See Creative
Combinations
11, 14, 34 & 45
for ideas for this
accoutrement.

ACCOUTREMENTS

PECANS

Speaking of rationalizations, did you know that pecans are technically a fruit? Seriously, but the explanation is VERY technical. All kidding aside, what we love about pecans is their rich, buttery flavor. Also, the leading producer of pecans is our home state of Georgia! Dig in, y'all!

INGREDIENTS

1 cup (225 g) packed light brown sugar

Pinch of salt

1 tablespoon (15 ml) dark corn syrup

¼ cup (60 ml) evaporated milk

1 tablespoon (14 g) unsalted butter

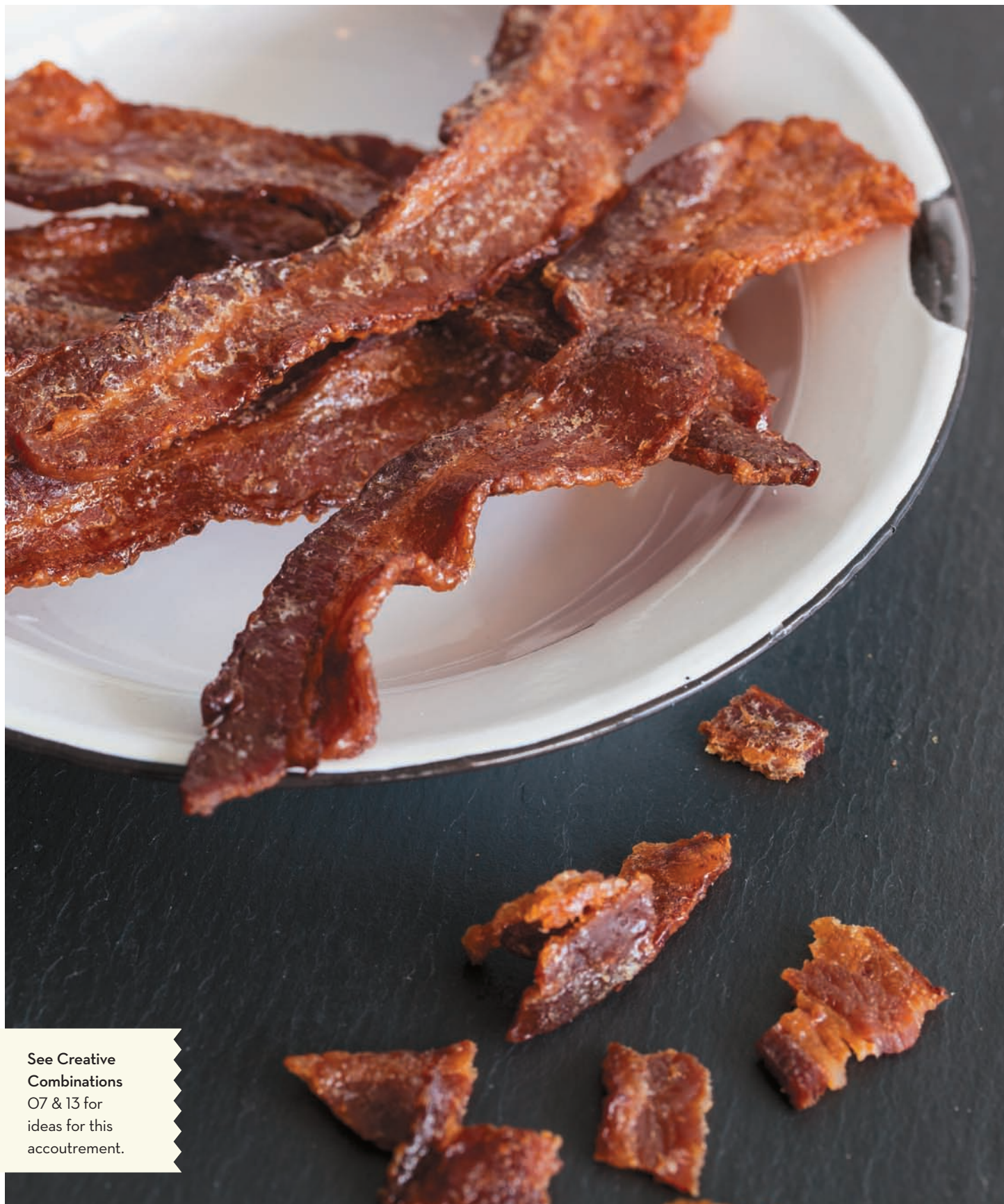
½ teaspoon vanilla extract

1½ cups (150 g) pecan halves

INSTRUCTIONS

Combine the brown sugar, salt, corn syrup, milk, and butter in a saucepan over medium heat, stirring the mixture constantly until the sugar has dissolved and the mixture comes to a boil. Continue to cook to a soft, ball stage, 236°F (113°C) on a candy thermometer, about 5 minutes. Remove from the heat. Add the vanilla and nuts, and mix until the nuts are fully coated. Pour onto a sheet pan and separate the nuts using two forks to avoid burning yourself. Let cool before using.

Yield: Makes 3 cups (350 g)



See Creative
Combinations
07 & 13 for
ideas for this
accoutrement.

ACCOUTREMENTS

CANDIED BACON

We use candied bacon on the Maple Iced Doughnut at Sublime Doughnuts. We also chop up candied bacon because it makes great sprinkles! It is also great for party snacks. If you are cooking up a batch for your doughnuts, leave some of it unchopped for a tasty treat.

INGREDIENTS

2 tablespoons (30 ml) pure maple syrup
¼ cup (60 g) packed brown sugar
½ teaspoon ground cinnamon
1 pound (454 g) thick-sliced bacon

INSTRUCTIONS

Preheat the oven to 350°F (180°C, or gas mark 4).
Place the maple syrup, brown sugar, and cinnamon in a large bowl. Mix well. Add the bacon to the bowl and toss gently with your hands. Make sure that all of the slices are evenly coated. Place the bacon in a single layer on a wire rack on a baking sheet. Bake in the center of the oven until mahogany brown in color, about 20 to 30 minutes. Let cool, then chop as desired.

Yield: Makes 3 cups (240 g)



See Creative
Combination
20 for an idea for
this accoutrement.

ACCOUTREMENTS

CARROT SPRINKLES

This recipe was shared with me by my good friend Jessica Brown. She is a fellow Culinary Institute of America grad and owner of Treats on Washington, a small neighborhood bakery in Boston, Massachusetts. Jessica's Carrot Sprinkles are prominently displayed atop their signature carrot cake, and these are an easy and impressive garnish for any bakery item.

INGREDIENTS

2 carrots
2½ cups (500 g) sugar, divided
2 cups (470 ml) water

INSTRUCTIONS

Peel and coarsely grate the carrots and set aside. Place 2 cups (400 g) of the sugar and the water in small pot and bring to a boil over medium-high heat. Remove from the heat and add the carrots. Allow to sit for 5 minutes. Drain the carrots from the sugar solution, place the remaining ½ cup (100 g) sugar in a bowl, add the carrots, and toss to coat. Spread out on parchment paper and let dry before using.

Yield: Makes 1 cup (200 g)



See Creative
Combination
09 for an idea for
this accoutrement.

ACCOUTREMENTS

TOFFEE

This is a good English toffee recipe. You can cut it into a candy bar shape to enjoy, or into shards to use as sprinkles for your doughnuts.

INGREDIENTS

1 cup (225 g) unsalted butter,
cut into pieces

2 cups (400 g) sugar

¼ teaspoon salt

INSTRUCTIONS

Butter a baking pan and place it on a heatproof surface. Bring the butter, sugar, and salt to a boil in a 4- to 5-quart (3.6 to 4.5 L) heavy pot over medium-high heat, whisking until smooth, then boil, stirring occasionally, until the mixture is deep golden and registers 300°F (149°C) (hard-crack stage) on a candy thermometer, 15 to 20 minutes. Pour into the baking pan and let cool. Break into shards once cool.

Yield: Makes 3 cups (500 g)



See Creative
Combination
27 for an idea for
this accoutrement.

ACCOUTREMENTS

CHOCOLATE CURLS

Chocolate curls make your doughnuts more visually appealing. In most cases, you would be placing them on something that already has chocolate in it, so it probably already has a good chocolate taste, but the curls add more pizzazz.

INGREDIENTS

Block of chocolate (size and type depends on how many curls you want to create)

INSTRUCTIONS

Scrape the chocolate bar with a chef's knife and use immediately.

Yield: Varies



See Creative
Combination
05 for an idea for
this accoutrement.

ACCOUTREMENTS

BALSAMIC VINEGAR REDUCTION

Balsamic vinegar may seem like an unlikely accoutrement for pastry, but when you reduce balsamic vinegar it becomes syrupy and sweet. The sweet and tangy taste works well as an accent flavor. We use it at Sublime Doughnuts for our Salted Caramel Doughnut.

INGREDIENTS

2 cups (470 ml) balsamic vinegar

1 tablespoon (15 g) honey

1 bay leaf

4 cloves (optional)

INSTRUCTIONS

Pour the balsamic vinegar into a heavy-bottomed saucepan and place over medium heat. Stir in the honey, drop in the bay leaf and cloves, and bring to a low boil. Adjust the heat to maintain a steady simmer and allow the vinegar to reduce slowly until it approaches one-quarter of its original volume, about 15 minutes. Pour it through a small strainer into a heatproof bowl. Use a heatproof spatula or spoon to clean out the pan. Store in the refrigerator, in a sealed container. To use, spoon the hard sauce into a bowl and heat on low in the microwave, then drizzle on the doughnut. Store in an airtight container in the refrigerator for up to 4 weeks.

Yield: Makes 1/4 cup (60 g)



See Creative
Combination
19 for an idea for
this accoutrement.

ACCOUTREMENTS

ORANGE DUST

Use orange dust when you make an orange glaze and it is not tangy enough. Sprinkle it lightly on the doughnut to enhance the orange flavor.

INGREDIENTS

.....

1 orange
2 tablespoons (25 g) sugar

INSTRUCTIONS

.....

Zest the orange into a small microwavable bowl. Microwave the zest to completely dry it out, approximately 2 minutes, checking and stirring every 30 seconds. Once the zest has dried, place it in a food processor or coffee grinder with the sugar. Grind until you have a fine dust.

Yield: Makes 2 tablespoons (25 g)



See Creative
Combinations
10, 23 & 25 for
ideas for this
accoutrement.

ACCOUTREMENTS

LEMON-LIME DUST

Use lemon-lime dust when you make a lemon and/or lime glaze that you would like to be tangier. Sprinkling it lightly on the doughnut will enhance the lemon-lime flavor.

INGREDIENTS

1 lemon
1 lime
2 tablespoons (25 g) sugar

INSTRUCTIONS

Zest the lemon and lime into a small microwavable bowl. Microwave the zest to completely dry it out, approximately 2 minutes, checking and stirring every 30 seconds. Once the zest has dried, place it in a food processor or coffee grinder with the sugar. Grind until you have a fine dust.

Yield: Makes 2 tablespoons (25 g)



See Creative
Combinations
06 & 21 for
ideas for this
accoutrement.

ACCOUTREMENTS

TOASTED COCONUT

At Sublime Doughnuts we use toasted coconut for our German chocolate icing, but it can be used in many more creative ways, because coconut is a very popular flavor. One idea would be to make a coconut icing and then dip the doughnut in toasted coconut. Toasting coconut helps bring out its naturally delicious notes of caramel and butter. Sublime Doughnuts has opened a second location in Thailand, and one of the most popular flavor doughnuts there is the coconut cream and mango doughnut.

INGREDIENTS

Shredded coconut

INSTRUCTIONS

Preheat the oven to 300°F (150°C, or gas mark 2). Spread the coconut on a baking pan and toast, uncovered, stirring often. Toast until golden, 30 to 40 minutes.

Yield: Varies



CHAPTER 8

AROUND THE WORLD IN DOUGHNUTS

As you know from chapter 1, the exact origins of the doughnut are disputed history. That said, we can all agree that doughnuts are popular all over the world—whether they are served as a sweet treat (like the chocolate yeast-raised doughnut on page 31) or a savory meal (like the empanada on page 157). Although favorite flavors may differ around the world—when we opened our second location in Thailand, popular flavors included coconut and mango—the common denominator is fried dough that incorporates the tastes of the local community. While researching this book, I’ve also noticed that whatever your ethnic or socioeconomic background, doughnuts mark a special occasion that brings a group together. I hope you’ll enjoy some of these sweet variations from around the world.



AROUND THE WORLD IN DOUGHNUTS

HAM, JALAPEÑO, AND CHEDDAR HUSHPUPPIES

Being from the South, I see hushpuppies on restaurant menus all around town. If you are unfamiliar with hushpuppies, they are essentially cornbread doughnut holes.

INGREDIENTS

1/2 cup (60 g) all-purpose flour
1/2 cup (70 g) yellow cornmeal
1/2 teaspoon salt
1/4 teaspoon baking soda
1/2 teaspoon freshly ground pepper
1 large egg
1/2 cup (120 ml) buttermilk
1/4 cup (33 g) frozen corn kernels
1/4 cup (40 g) minced onion
1 jalapeño chile, minced (ribs and seeds removed for less heat, if desired)
1/2 cup (75 g) diced ham
1/4 cup (30 g) shredded cheddar cheese
2 cups (470 ml) vegetable oil

INSTRUCTIONS

Combine the flour, cornmeal, salt, baking soda, and pepper in a bowl. In another bowl, stir together the egg and buttermilk; add to the dry ingredients, stirring just until moistened. Stir in the corn, onion, jalapeño, ham, and cheddar.

Pour the oil into an electric fryer or deep saucepan and heat to 375°F (190°C). Drop the batter by the tablespoon (15 g) into the oil, and fry for 3 minutes on each side, or until golden. Drain on paper towels, and serve immediately.

Yield: Makes 24 hushpuppies



AROUND THE WORLD IN DOUGHNUTS

MAMA'S EMPANADAS

Because my family is from Panama, I grew up enjoying my mother's homemade empanadas. Empanadas are like the fried pies (or hand pies) featured in this book, but instead of apples and sweet potatoes, they are stuffed with meat, vegetables, and other seasonings. They are a delicious savory treat.

INGREDIENTS

FOR THE PASTRY:

- 4½ cups (540 g) all-purpose flour
- 1 teaspoon baking powder
- 1½ teaspoons salt
- ½ cup (112 g) shortening
- 1¼ cups (295 ml) water, or as needed

FOR THE FILLING:

- 1 tablespoon (15 ml) peanut oil
- 2 medium onions, finely diced
- 2 pounds (908 g) ground beef or pork
- 2 jalapeño chiles, minced (ribs and seeds removed for less heat, if desired)
- ½ teaspoon chili powder
- 2 cans (14.5 ounces, or 406 g each) diced tomatoes
- Coarse salt and ground pepper
- 1 cup (16 g) chopped fresh cilantro
- 4 cups (940 ml) vegetable oil

INSTRUCTIONS

To make the pastry: In a medium bowl, stir together the flour, baking powder, and salt. Add the shortening and pinch into small pieces using your fingers, until the mixture resembles coarse crumbs. Use a fork to stir in the water a few tablespoons (15 ml) at a time, until the mixture comes together into a ball. Pat into a ball, and then flatten slightly. Wrap in plastic wrap and refrigerate for 1 hour.

To make the filling: Heat the peanut oil in a large skillet over medium heat. Add the onion and cook until tender, 6 to 8 minutes. Crumble in the beef, and then stir in the jalapeño, chili powder, and tomatoes. Cook over medium heat until the mixture thickens, 12 to 15 minutes. Season with salt and pepper. Fold in the cilantro. Let cool.

Form the dough into twelve 2-inch (5 cm) balls. On a floured surface, roll each ball out into a thin circle. Spoon some of the meat mixture onto the center, and then fold into a half-moon shape. Seal the edges by pressing with your fingers.

Heat the vegetable oil in a Dutch oven to 365°F (180°C). Place one or two pies into the oil at a time. Cook for about 5 minutes, turning once to brown both sides. Drain on paper towels, and serve hot.

Yield: Makes 12 empanadas



AROUND THE WORLD IN DOUGHNUTS

BEIGNET

Although popular in New Orleans, and made especially famous by New Orleans's Café Du Monde, beignets were brought to the Big Easy by the French and quickly became part of the home-style Creole cooking tradition. Beignets are typically prepared right before consumption and should be eaten while fresh and hot.

INGREDIENTS

1½ cups (355 ml) water
½ cup (100 g) sugar
1 teaspoon salt
2 eggs
¼ cup (56 g) unsalted butter
1 cup (235 ml) evaporated milk
7 cups (840 g) all-purpose flour
1 tablespoon (12 g) dry yeast
4 cups (940 ml) peanut oil, for frying
¼ cup (30 g) confectioners' sugar

INSTRUCTIONS

Combine the water, sugar, salt, eggs, butter, and evaporated milk in a large bowl and blend well. Add the flour and yeast and beat until there is full gluten development, about 10 minutes (see "The Window Test," page 22). Roll out the dough ¼-inch (6 mm) thick on a lightly floured surface. Cut into twenty-four 2½-inch (6.3 cm) squares.

Pour the oil into an electric fryer or deep saucepan and heat to 360°F (182°C). Drop the squares into the oil, a few at a time, and fry for 90 seconds, flipping twice. Drain on a wire rack.

Shake the confectioners' sugar on the beignets while still warm.

Yield: Makes 24 beignet



AROUND THE WORLD IN DOUGHNUTS

CHURRO

In Spanish-speaking countries, churros are often served for breakfast and dipped in hot chocolate or *café con leche*.

INGREDIENTS

1 cup (235 ml) water
2½ tablespoons (31 g), plus ½ cup (100 g) sugar
½ teaspoon salt
2 tablespoons (28 g) unsalted butter
1 cup (120 g) all-purpose flour
1 quart (940 ml) peanut oil, for frying
1 teaspoon ground cinnamon

INSTRUCTIONS

In a small saucepan over medium heat, combine the water, 2½ tablespoons (31 g) of the sugar, the salt, and the butter. Bring to a boil, and then remove from the heat. Stir in the flour until the mixture forms a ball.

Pour the oil into an electric fryer or deep saucepan and heat to 375°F (190°C). Place the mixture in a pastry bag with star tip. Pipe strips of dough into the hot oil, and cut the end with scissors dipped in hot oil. Fry until golden, about 2 minutes per side, then drain on paper towels.

Combine the remaining ½ cup (100 g) sugar and the cinnamon. Roll the drained churros in the mixture and serve immediately.

Yield: Makes 24 churros



AROUND THE WORLD IN DOUGHNUTS

ZEPPOLE

Zeppole are typical of Italian cuisine, especially that of Rome and Naples. Zeppole are traditionally consumed during *La Fiesta di San Giuseppe* (Saint Joseph's Day), celebrated every March 19, when they are sold on the streets and sometimes presented as gifts.

INGREDIENTS

FOR THE RICOTTA FILLING:

2¾ cups (688 g) fresh ricotta cheese

¾ cup (90 g) confectioners' sugar

¾ teaspoon vanilla extract

¾ teaspoon finely grated lemon zest

¼ teaspoon fresh lemon juice

FOR THE DOUGH:

2 cups (470 ml) water

½ cup (112 g) unsalted butter

4 tablespoons (50 g) sugar, divided

2 teaspoons (12 g) salt

2 cups (240 g) bread flour

¼ teaspoon baking powder

7 large eggs

1 quart (940 ml) peanut oil, for frying

INSTRUCTIONS

To make the filling: Line a sieve with a layer of cheesecloth, and set over a bowl. Spoon the ricotta into the sieve. Cover, and let drain in the refrigerator overnight.

Transfer the drained ricotta to a mixing bowl. Using a mixer on medium speed, beat the ricotta and confectioners' sugar until fluffy, about 2 minutes. Add the vanilla, zest, and lemon juice. Use immediately, or cover with plastic wrap and refrigerate until ready to use.

To make the dough: In a large saucepan over medium heat, combine the water, butter, 2 tablespoons (25 g) of the sugar, and the salt. Cook until the butter and sugar are melted, about 2 minutes. Bring to a boil and cook for 30 seconds, then remove from the heat. Stir in the flour and baking powder, then place over low heat; using a wooden spoon, beat constantly until the dough is stiff, about 1 minute. Remove from the heat and let cool for 4 minutes.

Transfer the batter to a stand mixer fitted with a paddle attachment, and let the dough sit for 2 minutes. Turn the mixer on low and add the eggs, one at a time, beating until the batter is thick and ribbonlike (the dough should be the temperature of lukewarm water). Cover with plastic wrap and let the batter cool to room temperature, about 10 minutes.

Pour the oil into an electric fryer or deep saucepan and heat to 360°F (182°C). Scoop individual tablespoons (15 g) of batter into the hot oil. Fry the zeppole until golden brown, about 3½ minutes, turning over halfway through the cooking time. Transfer to a wire rack to drain. When cool, fill with the ricotta mixture using a pastry bag and a filling tip, or cut in half and spoon the ricotta in the middle.

Yield: Makes 24 zeppole



AROUND THE WORLD IN DOUGHNUTS

PACZKI

Paczki are pastries that are traditional to Polish cuisine (the word *paczki* is often translated as “doughnut”). In Poland, paczki are eaten on what is known as Fat Thursday (the Thursday before Ash Wednesday). The traditional reason for making paczki was to use up all of the lard, sugar, eggs, and fruit in the house, because their consumption would be forbidden during the Catholic practice of Lent.

INGREDIENTS

.....

1½ cups (355 ml) milk

2 tablespoons (30 g) dry yeast

½ cup (100 g) sugar

½ cup (112 g) butter, at room temperature

1 large egg

3 large egg yolks

1 tablespoon (15 ml) grain alcohol (Everclear)

1 teaspoon salt

5 cups (600 g) all-purpose flour

1 quart (940 ml) peanut oil

INSTRUCTIONS

.....

Scald the milk in a small saucepan over medium heat, and then set aside to cool.

In a mixing bowl, combine the yeast, sugar, butter, egg, egg yolks, alcohol, salt, flour, and scalded milk and mix with the paddle attachment until there is full gluten development (see “The Window Test,” page 22).

Place the dough in a greased bowl. Cover and let rise until doubled in bulk, anywhere from 1 to 2½ hours.

Turn the dough out onto a lightly floured surface. Pat or roll to a ½-inch (1.3 cm) thickness. Cut out twelve rounds with a 3-inch (7.5 cm) biscuit cutter. Remove the scraps, re-roll the dough, and cut out more biscuits. Cover and let the rounds rise until doubled in bulk, 30 minutes or longer.

Pour the oil into a large skillet or Dutch oven and heat to 370°F (188°C). Place the paczki top side down (the dry side) into the oil a few at a time and fry for 1½ minutes, or until the bottom is golden brown. Flip them over and fry for another 1 to 2 minutes, or until golden brown. Drain on a wire rack. Test a cool one to make sure it’s cooked through. Adjust the cooking time and the oil temperature accordingly.

Yield: Makes 12 paczki



CHAPTER 9

CREATIVE DOUGHNUT COMBINATIONS

There are hundreds of thousands of combinations of doughnuts that you can create once you learn the basics of icings, toppings, jams, jellies, and fillings. You can compare and combine them as far as your imagination can stretch. It is important to remember, though, that when combining different ingredients, every topping, filling, and accoutrement contains sugar. Be careful to combine ingredients that won't overpower, but will instead complement, each other. This section will provide you with a road map for your own creative combinations sure to delight your friends, family, and coworkers, as you continue our sublime mission to spread doughnut love!



01. CHOCOLATE! CHOCOLATE!

Chocolate Yeast-Raised Dough . . .31
Dark Chocolate Icing 85



02. TANGY ORANGE CHOCOLATE

Chocolate Yeast-Raised Dough . . .31
Orange with
Grand Marnier Glaze 79
Orange Icing 87
Dark Chocolate Icing 85



03. STRAWBERRY SANDWICH

Plain Yeast-Raised Dough 32
Strawberry Glaze 75
Powdered sugar for dusting
Fresh strawberries



04. FESTIVE "FUN" DANT

Chocolate Yeast-Raised Dough . . .31
Multicolored Fondant Icing 93
Add food coloring to fondant recipe.



05. SALT & VINEGAR

Potato Dough 34
Salted Caramel Icing 81
Balsamic Vinegar Reduction . . . 145



06. TOASTED COCONUT DREAM

Blueberry Cake Doughnut 44
Toasted Coconut 151
Add ¼ cup of cream of coconut



07. ALL-AMERICAN BREAKFAST

Potato Dough 34
Maple Icing 95
Vanilla Bavarian Cream Filling . . 123
Candied Bacon 137



08. PEANUT BUTTER GLAZED

Plain Cake Doughnut 37
Peanut Butter Icing 97



09. ENGLISH TOFFEE AVALANCHE

Plain Yeast-Raised Dough 32
Salted Carmel Icing 81
Toffee 141



10. RASPBERRY LIME

Plain Yeast-Raised Dough 32
Raspberry Jam Filling 111
Lemon-Lime Dust 149
Powdered sugar for dusting



11. NUTTY BUDDIES

Plain Yeast-Raised Dough 32
Maple Icing 95
Almonds and Pecans 133, 135



12. DOUGHNUT DING DONG

Chocolate Yeast-Raised Dough . . .31
Vanilla Bavarian Cream Filling . . 123
Powdered sugar for dusting



13. BREAKFAST OF CHAMPIONS

Waffle Dough 23
 Bourbon Icing 107
 Candied Bacon 137



14. RED VELVET CAKE

Red Velvet Cake Dough 40
 Cream Cheese Icing 105
 Pecans 135



15. PEANUT BUTTER CUP

Chocolate Yeast-Raised Dough . . 31
 Milk Chocolate Icing 83
 Peanut Butter Icing for filling . . . 97
 Peanut Butter Icing 97



16. KENTUCKY'S BEST

Plain Yeast-Raised Dough 32
 Bourbon Icing 107
 Apple Butter Filling 113



17. TWO CAN DOUGHNUT

Canned Biscuit Dough 59
 Dulce de Leche Icing 91



18. MORNING EXPRESS

Plain Yeast-Raised Dough 32
 Milk Chocolate Icing 83
 Coffee Custard Filling 125



19. PIÈCE DE RÉSISTANCE

Plain Yeast-Raised Dough 32
 Orange with
 Grand Marnier Glaze 79
 Orange Dust 147



20. NOT-YOUR-AVERAGE CARROT CAKE

Spice Cake Dough 46
 Cream Cheese Icing 105
 Carrot Sprinkles 139



21. GERMAN CHOCOLATE CAKE

Chocolate Cake Dough 38
 Dark Chocolate Icing 85
 Toasted Coconut 151



22. PINKY DOUGHNUT

Plain Yeast-Raised Dough 32
 Pink Lemonade Icing 101



23. SPRINGTIME CITRUS DELIGHT

Plain Yeast-Raised Dough 32
 Lemon-Thyme Glaze 77
 Blueberry Filling 117
 Lemon-Lime Dust 149



24. REVERSE BOSTON CREAM

Plain Yeast-Raised Dough 32
 White Chocolate Icing 89
 Chocolate Pastry Cream Filling . . 127
 Milk Chocolate Icing 83



25. LEMON CURD

Plain Yeast-Raised Dough 32
 Lemon Curd Filling 129
 Lemon-Lime Dust 149
 Powdered sugar for dusting



26. CALIFORNIA PISTACHIO

Plain Yeast-Raised Dough 32
 Pistachio Icing 99



27. CHOCOLATE EXPLOSION

Chocolate Yeast-Raised Dough . . 31
 Milk Chocolate Icing 83
 Whipped Chocolate
 Ganache Filling 119
 Chocolate Curls 143



**28. SOUTHERN-STYLE STRAWBERRY
 SHORTCAKE**

Canned Biscuit Dough 59
 Fresh Strawberry Filling 115
 Vanilla Bavarian Cream Filling . . 123
 Powdered sugar for dusting



29. P-NUTTY

Plain Yeast-Raised Dough 32
 Peanut Butter Icing 97
 Honey-roasted peanuts



30. ALMOND CRUSH

Plain Yeast-Raised Dough 32
 Salted Caramel Icing 81
 Almonds 133



31. PEANUT BUTTER AND JELLY TIME!

Plain Yeast-Raised Dough 32
 Peanut Butter Icing 97
 Raspberry Jam Filling 111



32. BLUEBERRY LEMON

Blueberry Cake Dough 44
 Lemon-Thyme Glaze 77



33. DOUGHNUT LOVE

Chocolate Yeast-Raised Dough . . 31
 Milk Chocolate Icing 83
 Fresh Strawberry Filling 115



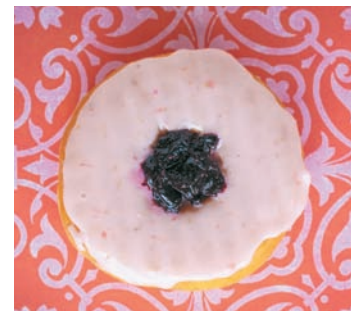
34. CARMEL NUT STICKY BUN

Cinnamon Roll 23
 Dulce de Leche Icing 89
 Almonds and Pecans 133, 135



35. PEANUT APPLE BUTTER

Plain Yeast-Raised Dough 32
 Peanut Butter Icing 97
 Apple Butter Filling 113



36. BLUEBERRY BULL'S-EYE

Plain Yeast-Raised Dough 32
 Blueberry Filling 117
 Pink Lemonade Icing 101



37. CHOCOLATE POETRY

- Chocolate Cake Dough 38
- White Chocolate Icing 89
- Dulce de Leche Icing 91



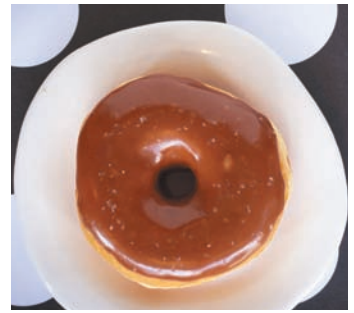
38. SUN KISSED

- Blueberry Doughnut 44
- Orange with
Grand Marnier Glaze 79
- Candied oranges



39. TIGER TAIL

- Chocolate Yeast-Raised Dough . . .31
- Plain Yeast-Raised Dough..... 32
- Honey Glaze 71



40. SWEET AND SALTY

- Plain Yeast-Raised Dough..... 32
- Salted Caramel Icing 81



41. CINNAMON-APPLE WAFFLE

- Dough-Based Apple Fritter 55
- Waffle Dough..... 23
- Tossed in cinnamon sugar



42. SUMMER SUMMER TIME

- Plain Yeast-Raised Dough..... 32
- Pink Lemonade Icing 101
- Lemon Curd Filling..... 129



43. BLACK-AND-WHITE DOUGHNUT

- Plain Yeast-Raised Dough..... 32
- Vanilla Fondant Icing 93
- Milk Chocolate Icing 83
- Vanilla Bavarian Cream Filling.. 123
- Chocolate Pastry Cream Filling.. 127



44. GOOD MORNING, Y'ALL!

- Canned Biscuit Dough 59
- Vanilla Fondant Icing..... 93
- Blueberry Filling 117



45. DEEZ NUTS

- Plain Yeast-Raised Dough..... 32
- Pistachio Icing 99
- Almonds and Pecans..... 133, 135
- Honey-roasted peanuts



46. CHOCOLATE PISTACHIO INDULGENCE

- Chocolate Cake Dough..... 38
- Pistachio Icing 99
- Chopped pistachios



47. BOURBON SPICE CAKE

- Spice Cake Dough 46
- Bourbon Icing 107
- Almonds 133
- Tossed in cinnamon sugar



48. FUNKY WAFFLE

- Waffle Dough..... 23
- Orange with
Grand Marnier Glaze 79
- Dulce de Leche Icing..... 91

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Finally, I am so fortunate to have worked with Tiffany Hill and Betsy Gammons at Quarry Books who had the confidence in me to take on this project. I am also thankful for their tremendous level of patience!

ABOUT THE AUTHOR

KAMAL GRANT

Kamal Grant is the owner of Atlanta's Sublime Doughnuts. Open since 2008, Sublime Doughnuts has been recognized by the industry publication, *Bake Magazine*, as "America's Best Bakery" and has been featured as an Atlanta gem in the *New York Times*. It is honored for having the best doughnuts by foodies the world over, including *Food & Wine* editor Dana Cowin, who effusively declared, "There is no better breakfast in the world than sweets-savant Kamal Grant's Fresh Strawberry 'n Cream doughnut. Unless, of course, you want one of his 27 other flavors."

Grant credits his love of doughnuts, which he refers to as "the sweet thug of the pasty world," to a visit from a Dunkin' Doughnuts executive to his high school food service class. When the executive shared that his favorite aspect of his job was visiting the test kitchen to try out new flavors, Grant's interest was piqued. After high school, Grant enlisted with the Navy, where he began to pursue his dream of becoming a world-class baker. Grant served as a Baker E4-3rd Class Petty Officer on the USS *John Young*, where he quickly gained the praise of his shipmates for his delicious cinnamon rolls. After his enlistment, Grant attended the Culinary Institute of America, where he focused on high-end desserts, plate presentations, classical techniques, and the flavors and textures of award-winning chefs. After the Culinary Institute of America, Grant continued to hone his skills at the American Institute of Baking.

In 2008, Grant was working as a production manager for Flower Foods when he drove past a recently closed doughnut shop in Atlanta's West Side. Despite the challenging economy, Grant cashed out his 401k to sign the lease and open the store. As the store's lone employee, he worked from 2:00 a.m. until 6:00 p.m. six days a week to make the business that he'd spent most of his life working toward a success. Sublime Doughnuts initially served traditional doughnut flavors, but when Grant debuted a special Oreo doughnut and strawberries and cream doughnut, word quickly spread and the demand for his uniquely flavored, artisan doughnuts grew throughout the city. The shop even developed a cult following with Atlanta-based Cartoon Network's *Adult Swim*, whose nightly "bumps" (clever messages in between commercials) gave Sublime Doughnuts a national audience. In 2012, Grant opened a second location in Bangkok, Thailand.



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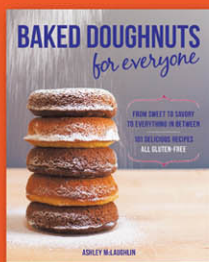
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