



INGREDIENTS

BLOOM THE YEAST

- 1 cup of full fat milk
- 2 ¼ TSP of active dry yeast
- 1 TSP of granulated sugar

WET INGREDIENTS

- 2 large eggs
- ¼ cup of granulated sugar
- 1/3 cup of melted and cooled butter

DRY INGREDIENTS

- 4 ½ cups of sifted AP flour
- ¼ TSP of kosher salt

GLAZE

- 3 cups of icing sugar
- 6-7 TBSP of full fat milk
- 1 TSP of vanilla bean extract

OTHER

- Grapeseed oil



SUGAR GLAZED DONUTS

By Caterina Romano's Kitchen

DIRECTIONS

1. Begin to bloom the yeast. Heat the milk to 115 DF.
2. Add the yeast and sugar. Mix and set aside for 15 minutes.
3. Use a stand mixer fitted with a whisk attachment.
4. Combine the eggs and sugar and whisk for about 6 minutes until the mixture is nice and frothy. Stream in the butter.
5. Add the yeast mixture and give it a gentle stir for about 1 minutes. Set the wet ingredient aside.
6. Change the whisk for a dough hook attachment.
7. Combine the flour with the salt. Mix well.
8. Add the dry to the wet, one tablespoon at a time. Set the mixer on stir and allow the mixer to knead the dough for 10 minutes. When the dough gathers around the dough hook, the dough is ready.
9. Transfer the dough to a lightly greased glass bowl. Use cling wrap to make a tight seal and rest in a nice warm place for 2 ½ hours.
10. Place bench flour on your working surface.
11. Transfer the dough to the working surface. Press down the dough to remove the air and using a roller pin, roll the dough down to approximately ¼".
12. Line a baking tray with parchment paper. Use a 3" doughnut cutter to cut the doughnut. Use a 1" cutter to cut the center. Place the doughnuts on the baking tray.
13. Combine the left-over dough, press together and repeat the process until all doughnuts are formed.
14. Cover the tray with a towel and allow them to rise for an additional 45 minutes.
15. For the glaze combine the icing sugar with the milk and vanilla. Mix well.
16. To fry the doughnuts, heat the oil in a fryer or in a pan to 350 DF.
17. Place the doughnuts in the fryer and fry for approximately 1 minutes on each side. Remove the doughnuts and place them on paper towels to remove the excess oil.
18. Dunk the doughnuts in the glaze and place them on a baking tray lined with parchment paper. Allow them to dry. Enjoy.