



Cream Filled Donuts Recipe

Description

Ingredients for the donuts:

- 1 medium-sized egg
- 50g butter
- 200g milk
- 80g sugar
- 500g flour
- 8 g dry bakerâ€™s yeast (or 12 g fresh yeast)
- 1 pinch of salt
- Italian diplomatic cream:
 - 300g pastry cream
 - 200 g liquid cream
- 2 tablespoons icing sugar
- the cover:
 - Sugar

Preparation :

With a pastry robot:

In a bowl, pour the milk and add the bakerâ€™s yeast with a teaspoon of sugar.

Mix and let stand for 10 minutes.

In the bowl of the stand mixer, pour the flour, the lightly beaten egg, the melted butter, the sugar and the mixture of milk and yeast.

Beat the dough vigorously for 20 minutes, until it becomes soft and elastic

By hand: In a bowl, combine the butter, egg, sugar and a pinch of salt.

Add milk with baking powder and flour.

Mix well and transfer everything to a lightly floured work surface.

Keep kneading with your hands until you get a smooth, elastic dough.

Put the dough in a bowl covered with a cloth and let rise until it has doubled in volume.

My advice is to leave it in a turned off oven with the light on.
After the rising time, roll out the dough into a rectangle
half a centimeter thick on a lightly floured work surface.
Using a cookie cutter, cut out 6cm discs.
Place the donuts on a baking sheet and put a square of baking paper under each donut.
This will help you pick them up without touching them with your hands
once they are up, to dip them in the hot oil.
Cover the donuts with a cloth and let rise another 1 hour.
Meanwhile, prepare the Italian diplomat cream
by mixing the pastry cream with the liquid cream whipped with the two tablespoons of icing sugar.
Pour the oil into a saucepan with high edges and,
once very hot, plunge the donuts (no more than 2 at a time)
so as not to lower the temperature of the oil.
Let rise and brown for 5 to 6 minutes per donut.
To give a sweet touch to these delicious donuts
Put the Italian diplomate cream in a piping bag and fill the donuts.

Category

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