

SUGAR GLAZED YEAST DOUGHNUTS

Ingredients

5 ml sugar
125 warm water
10 ml yeast
100 ml hot milk
60 ml white sugar+3 ml salt
1 egg
40 ml crisco or butter
500 ml flour + 125 ml extra set aside

Icing

40 ml margarine
250 icing sugar
3 ml vanilla or maple extract
15-25 ml hot water as needed

Method:

1. Preheat oven to 170 F. Lightly grease a large cookie sheet with Crisco.
2. Prepare yeast in a glass liquid measure. Mix together warm water and sugar, stir. Sprinkle the yeast on it, stir once, then wait till it foams.
3. In a glass liquid measure heat up the milk for 60 secs. Stir in the sugar and salt. Add the Crisco and stir till the Crisco has melted. Pour the mixture into a large bowl.
4. When the milk mixture is cooled, add the egg and stir then stir in the yeast mixture. Add 250 ml of the flour and stir until well blended.
5. Beat in the rest of the flour in small amounts till the dough no longer sticks to the bowl. Add flour to the counter and turn out the dough. Knead the dough until it is no longer sticky but still soft, smooth and elastic
6. Let it sit on the counter covered with a tea towel for 5 min. Roll out into a small 8 " circle that is thick. Cut with a floured doughnut cutter. Place the doughnuts on the cookie sheet and very lightly sprinkle with flour, then cover with a thin tea towel.
7. Fast proof the doughnuts in the oven for 15 min.
8. Melt margarine in a saucepan over medium heat. Whisk in icing sugar and vanilla or maple extract. Remove from the heat and add hot water until icing is somewhat thin but not watery. Set aside.
9. Heat a large pot of oil to 350 F (use thermometer). Gently place the proofed doughnuts into the hot oil. Cook till lightly browned on one side, then use a chopstick to turn the doughnuts over to cook on the other side. Remove from hot oil using the chopstick and drain on cooling rack with paper towel underneath to catch the oil.
10. Dip doughnuts while still warm in the icing and cool on the cooling rack.