

GLAZED YEAST DOUNUTS

Ingredients:

7 ml	fast acting dry yeast	20 ml	marg
1 ml	salt	125 ml	icing sugar
30 ml	sugar	1 ml	vanilla
300 ml	flour	10-15 ml	hot tap water
100 ml	lukewarm milk		
1/2	egg		
20 ml	shortening (Crisco)		

Method:

1. Preheat oven ot lowest possible temp. (175 F)
2. In a large bowl mix together 150 ml of the flour with the salt, yeast and sugar.
3. Heat up the 100 ml of milk in the microwave for 25 seconds. Add the shortening to it, let it soften a bit. Then add the 1/2 egg. Stir. Mix this liquid into the dry ingredients with a wooden spoon till smooth.
4. Slowly add the remaining flour in three portions until the dough is very very soft but not sticky. (**you may not need all the flour**)
5. Knead the dough on the counter for 3-4 minutes until it is smooth and elastic.
6. Sprinkle the counter with a little flour and roll out the dough to 1/2 inch thick. Cut out five doughnuts.
7. Grease a cookie sheet with a little bit of Crisco and lay the donuts on top with room to rise. Put them in the oven for 15 minutes to proof (rise). About 5 minutes before they are done, turn the heat on for your oil. Using the candy thermometer on the side wait until the oil has reached 350 F.
8. When the donuts are doubled in size put them one at a time into the oil using a slotted spoon. Cook them for 1-2 minutes on each side or until golden brown. Remove from oil and place them on a plate with paper towels to absorb the oil.
9. In a glass liquid measure melt the 20 ml of marg in the microwave. Add the vanilla and icing sugar and stir. (It will be a little dry). Slowly add very hot tap (or micro) water until it reaches the desired consistency (spreadable but not too thick). Pour some over each of the 5 donuts and let cool. Eat and enjoy.