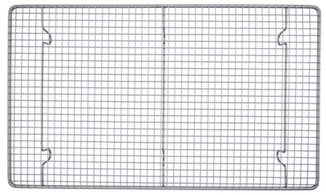
# build. your best...




THERE'S SOMETHING ABOUT FRIED DOUGH THAT HAS INSPIRED JUST ABOUT EVERY NATION TO CREATE ITS OWN. ISRAELI JELLY *SUFGANIYOT* ARE CLOSELY MATCHED BY THE POLISH *PĄCZKI*, AUSTRIA'S *FASCHINGSKRAPFEN*, AND THE PORTUGESE *MALASADAS DOIS*. IN INDIA, *VADAI* ARE MADE WITH CUMIN SEEDS (OF COURSE, GET IT?), CURRY LEAVES, ONION, SALT, AND CHILIES. CANADIANS LAY CLAIM TO THE RELATIVELY NEW BUT POPULAR BEAVERTAILS — FLAT, FRIED, SWEET BREAD SIMILAR TO LAFFA, AND LOADED UP WITH DELICIOUS FILLINGS AND SPREADS. IN BELGIUM, THEY SERVE *OLIEBOL*, DOUGHNUT HOLES STUFFED WITH CANDIED FRUIT.

YET THERE'S SOMETHING VERY SPECIAL AND MEANINGFUL ABOUT STICKING TO TRADITIONAL FOODS, WHICH IS WHY MOST OF US MAKE CLASSIC *SUFGANIYOT* FOR CHANUKAH. TO PLEASE ALL PALATES, WE'VE SHARED FOUR DIFFERENT DOUGHNUT RECIPES. BEFORE YOU CHOOSE A FLAVOR, HERE'S WHAT YOU NEED TO KNOW...



## TOOLS OF THE TRADE

The right tools will greatly enhance your doughnut-making experience, and for a relatively small investment you'll enjoy many years of Chanukah treats. Here's what you'll need:

- **A 5-quart (5-liter) Dutch oven,** heavy enamel pot, or deep-fryer
- **A candy thermometer,** if using a Dutch oven or pot
- **A doughnut cutter** or round cookie cutters. In a pinch, use the rim of a drinking glass and the plastic cap of a water bottle.
- **Tongs** to flip the doughnuts
- **A spider or slotted spatula** (A spider drains much more oil than a spatula does!)
- **Doughnut syringe,** pastry injector, or long decorating tip
- **Small fine-mesh strainer** or shaker







## OIL ALTERNATIVE

It sounds crazy, but you can actually fry food in maple syrup. Think maple-fried French toast, sweet potato latkes, and more. Maple syrup is best for pan-frying (I haven't tried it in a deep-fryer, but it doesn't seem like it would work). If you're skipping the deep-fryer this year and frying doughnuts in a pan, give the maple syrup trick a shot!

## BAKED, NOT FRIED

But still delicious!! For baked doughnuts, these tools will make perfect doughnut creation a snap:

- **Doughnut pans** in mini and regular size
- **Batter squeeze bottle** — saves mess and totally worth the 5-7 dollar cost
- **A wire rack** for cooling

## DOUGHNUTS NEED SPACE

Allow for some space in between doughnuts so they can crisp up when frying, and to enable the oil to stay at the correct temperature. The more doughnuts in the pot, the lower the oil temp will go and the doughnuts won't fry properly.

## TEMP MATTERS

Don't let your temperature go much above or below 350–360°F (180–185°C), or you'll end up with doughy or burned doughnuts. Some say to start at 375°F, since the temperature will drop once the doughnuts are added. I found that denser doughnuts needed to cook longer at a slightly lower temperature. So when the temp went down to 325°F, it worked out fine.



## DRAIN TO AVOID GAIN

Hold hot doughnuts over the pot in a spider or slotted spoon for at least five seconds to drain, then transfer to a paper-towel-lined plate to get rid of excess oil (this absorbs more oil than placing on a wire rack). Transfer to a wire rack to fill, glaze, and garnish.

## CLEAN FRYING

Add a chunk of raw carrot or potato to your oil before frying to keep the oil clean and clear. Toss it every few batches and replace with a clean chunk. The root veggie attracts all the dark, burned bits and somehow magically cleans the oil.



## OLIVE, AVOCADO, OR SAFFLOWER?

Look for an oil that has a high smoke point and a neutral taste — like sunflower or safflower. Olive oil is not the best way to fry your *sufganiyot*! Peanut oil works well, but may add a nutty flavor.

SARAH FAYGIE BERKOWITZ

TRADITIONAL

### SUFGANIYOT

YIELDS 12 SUFGANIYOT

Ready for the best *sufganiyah* hack ever? Try refrigerated buttermilk biscuit dough. Drop the balls of dough into a deep-fryer or pot of hot oil for three minutes per side, drain, cool, and fill! If you can't find it in the store, make your own dough with this recipe.

- ¾ cup pareve milk
- 1 Tbsp white vinegar
- 2 cups flour
- 2 tsp baking powder
- 1 tsp salt
- ¼ tsp baking soda
- ½ cup cold unsalted butter or Earth Balance margarine, sliced
- strawberry jam, for filling
- confectioners' sugar, for dusting

Stir together milk and vinegar, and allow to curdle for 10–15 minutes. Add remaining ingredients with the curdled milk to the bowl of a stand mixer. Mix until a dough forms.

Divide into 12 balls. Fry 4–6 at a time, depending on the size of your pot. Once the doughnuts have cooled, poke a hole in the middle with a skewer. Fill, dust with confectioners' sugar, and enjoy!

KID-FRIENDLY

### CARROT CAKE DOUGHNUT HOLES WITH CREAM CHEESE FROSTING DIP

YIELDS 5 DOZEN DOUGHNUTS

- 4 cups flour
- ½ cup brown sugar
- 1 Tbsp baking powder
- 2 tsp cinnamon
- 1 tsp baking soda
- 1 tsp salt
- 1 cup coconut milk or unsweetened almond milk
- ½ cup drained crushed pineapple
- 1 egg
- ¼ cup butter, melted
- ½ cup grated carrots (approximately 6 carrots)
- cinnamon and sugar mix
- oil, for frying

Whisk together the first 6 ingredients. Make a well in the middle and add milk, pineapple, and egg. Stir gently to combine liquids, then mix the entire batter. Add melted butter and mix until a smooth dough forms, then gently fold in carrots.

Form balls with a small cookie scoop and drop into hot oil. Fry one minute per side. Drain and transfer to a paper-towel-lined platter. After cooling slightly, dip in cinnamon and sugar and transfer to a wire rack to cool completely.

To make cream cheese dip, beat 8 oz (225 g) cream cheese and 4–6 Tbsp milk until smooth. Add 1 cup confectioners' sugar and beat until light and fluffy. Add more milk if too thick.

HEALTH CONSCIOUS

### BANANA CHOCOLATE-CHUNK DOUGHNUTS

YIELDS 18 DOUGHNUTS

- 1 medium-sized ripe banana, mashed
- ½ cup sugar
- ½ cup fat-free Greek yogurt or pareve sour cream
- ¼ cup unsalted butter or coconut oil
- 2 eggs
- 1 tsp vanilla
- 2 cups white whole-wheat flour
- 1 tsp baking powder
- ½ tsp baking soda
- 1 cup chocolate chunks or chips
- cinnamon and turbinado sugar mix, for dusting

Gently combine all ingredients. Do not overmix. Pour into doughnut pans and bake at 350°F (180°C) for 10–12 minutes, or until tops spring back when pressed. Transfer to a wire rack to cool, and sprinkle with cinnamon and sugar.

FRESH & FRUITY

### STRAWBERRY SHORTCAKE DOUGHNUTS

YIELDS 18 DOUGHNUTS

- 3 eggs
- 1⅓ cups sugar
- 1½ cups flour
- 1½ tsp baking powder
- ¾ cup coconut or almond milk
- 2 Tbsp butter
- 1 tsp vanilla
- 2 cups whipped cream
- 1 lb (450 g) fresh strawberries, sliced

Beat eggs until light and fluffy. Add sugar and beat for 2–3 minutes. Add flour and baking powder. Mix until just combined. Warm milk and butter over low heat or in a microwave, stir, and add to mixing bowl. Add vanilla.

Bake in a greased and floured doughnut pan for 9–11 minutes at 350°F (180°C) or until doughnuts bounce back when lightly pressed. Cool, slice in half, and fill with whipped cream and sliced strawberries.