

Vanilla Glazed Doughnuts

Makes eight to twelve doughnuts

1 cup (250 ml) whole milk
1 TBS (8.5 grams) or dry active yeast + 1 tsp. (2.83 grams)
2 (250 grams) to 2 ½ (312.5 grams) cups of bread flour
3 egg yolks at room temperature
1 tsp. (5 ml) vanilla extract
2 TBS (23.95 grams) sugar
1 tsp. (5 ml) salt
4 TBS (56.7 grams) unsalted butter at room temperature – cut into cubes
Vegetable or Canola oil for frying

Place the milk into your microwave for between 45 seconds and 1 minute and heat it to 105 to 110 degrees. Pour ¾ cup of the heated milk into a bowl and sprinkle 1 TBS of yeast on top. Reserve the remaining ¼ cup of milk but do not refrigerate it.

Add ¾ cups of bread flour to the milk and yeast. Mix it until you have a paste. Cover the bowl with some plastic wrap and let it sit for 30 minutes. It will increase in volume and be full of bubbles.

Add the remaining milk into a food processor with a dough blade or a stand-up mixer with a paddle. Add the remaining teaspoon of yeast and the paste. Mix it for about 30 seconds. Add the egg yolks, the vanilla extract and the sugar and salt. Mix it for about 30 seconds.

Add 1 cup bread flour and mix until it starts forming a soft sticky dough – about 45 seconds. The dough will continue being very sticky. This is fine. Add the butter and mix for about 30 seconds. Add ¼ cup of bread flour and mix for about 30 seconds. If the dough continues to be very sticky add an extra ¼ cup of flour. By now you will have used 2 ½ cups of bread flour in total (including the paste). Process until you have a ball of soft dough.

Transfer the dough into a bowl and cover with plastic wrap. Place it in a draft free place and let it rest for 30 minutes or until it doubles in volume.

When the dough has doubled, punch it down and cover the bowl. Refrigerate it for a minimum of 1 hour and up to 12 hours max (the dough will get ruined after that).

Line a baking sheet with a cotton dishrag (do not use terry). Sprinkle some flour on the rag.

Remove the dough from the fridge. Lightly flour a clean counter or board.

Roll out the dough to about ½ inch thickness. Cut the doughnuts with a doughnut cutter. Remove the holes and reroll the dough to continue cutting. Place the cut doughnuts on the dishrag in the baking sheet. Leave an inch between doughnuts. Loosely cover the sheet and

allow the doughnuts to double in size. This will take from 20 to 30 minutes. When you can poke the dough with your finger and it springs back it is ready.

Line a baking sheet with paper towels and place a cooling rack on top.

Heat about 3 inches of oil in a heavy pot until it reaches 360 degrees.

Fry the doughnuts, one at a time for about three minutes per side. As soon as they brown, flip them with a skewer or chopstick. Remove them from the hot oil and place them on the cooling rack. Allow the oil to get back to temperature before adding the next doughnut.

Glaze the doughnuts while they are still a bit warm.

FOR THE GLAZE:

1 ½ (187.5 grams) cups confectioner's sugar

4 to 5 TBS (60 to 75 ml) whole milk

2 tsp. (10 ml) vanilla extract

Sift the sugar into a bowl. Add 4 TBS of milk and mix. Add the vanilla and mix. You can add the remaining milk if you want the glaze to be a little thinner.