



## **Sufganiyot (Israeli Donuts):**

Servings: 24

Prep Time 30 Minutes

Proof / Rise Time: 1 – 2 Hours

Cook Time 15 Minutes

### **Ingredients:**

1 Cup Warm Water

1 Tablespoon Instant/Rapid Rise or Active Dry Yeast

3 Cups All-Purpose Flour Cup Confectioners' Sugar, plus Additional for Sprinkling

$\frac{3}{4}$  Teaspoon Salt

$\frac{1}{2}$  Teaspoon Ground Nutmeg

2 Each Egg Yolks (Only) from Large Eggs

2 Tablespoon Vegetable Oil, plus 2 Quarts Additional for Frying

1 Teaspoon Vanilla Extract

$\frac{1}{2}$  Teaspoon Zest of Orange (Optional)

1 Cup (Approximately) Filling of Choice (Custard, Nutella, Pudding, Apple Butter, etc...)

## Directions:

Combine the Water and the Yeast in a small bowl.  
Let sit until foamy (about 5 minutes).

Meanwhile, in a large bowl, combine the flour, ¼ Cup confectioners' sugar, salt & nutmeg.

Add the Egg Yolks, 2 Tablespoons of Oil, the Vanilla Extract and Orange Zest (if using) to the Water/Yeast mixture and whisk with a fork until combined.

Add the liquid mixture to the flour mixture and stir with a rubber spatula until the dough comes together. It will be a bit sticky. Cover the bowl with plastic wrap and set aside to let the dough rise until it doubles in size (Approximately 1 – 2 Hours).

Line a baking sheet with a few layers of paper towels. Line another baking sheet with parchment paper and dust heavily with Flour. Generously dust a clean surface, along with your hands, with flour. Scrape the dough out of the bowl and onto the floured surface. Dust the dough with Flour. Roll, or pat, the dough into a ¼ inch rectangle (It should measure approximately 10 inches x 12 inches in size) making sure that the bottom does not stick (Add more Flour to the surface and to your hands as needed). Using a pizza wheel cutter or a very sharp knife, cut the dough into 24 two-inch squares and transfer to the floured baking sheet leaving a little space between each square. Lightly sprinkle the squares with additional Flour.

Add enough Oil to a heavy-duty pot to measure about 2 inches deep. Heat over medium heat to a temperature of 350°F. Place 4-6 squares of the Dough into the hot oil and fry until golden brown (Approximately 3 minutes) flipping the dough half way through the process. Using a slotted spoon, remove the donuts from the hot oil and transfer to the paper towel lined baking sheet. Repeat this process with the remaining squares of dough.

When the donuts are cool enough to handle, use a paring knife to puncture the side of each in order to form a pocket in the center.

Use a piping bag or a squeeze bottle to insert 1-2 teaspoons of the filling(s) into each donut.

Using a fine sieve, or a strainer, generously sprinkle the donuts with confectioners' sugar.