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Sufganiyot

BY JOAN NATHAN SEPTEMBER 2000 THE CHILDREN'S JEWISH HOLIDAY KITCHEN RANDOM HOUSE, INC.



It's customary to serve jelly doughnuts at Hanukkah, since they are fried in oil to symbolize the miracle of the oil that lasted for eight days instead of one.

YIELD: Makes about 12

INGREDIENTS

- 1 scant tablespoon (1 package) dry yeast
- 4 tablespoons sugar
- 3/4 cup lukewarm milk or warm water*
- 2 1/2 cups all-purpose flour
- Pinch of salt
- 1 teaspoon ground cinnamon
- 2 eggs, separated
- 2 tablespoons (1/4 stick) butter or *pareve* margarine, softened*
- Apricot or strawberry preserves
- Sugar
- Vegetable oil for deep-frying
- *Use butter and milk if serving at a milk meal, and water and *pareve* margarine for a meat meal

Equipment

- Measuring spoons
- Measuring cups
- Mixing bowls
- Spoon
- Sifter
- Clean dish towel
- Rolling pin
- Juice glass
- Deep fryer or heavy pot
- Slotted spoon

- Paper towels
- Tiny spoon

PREPARATION

Child: Mix together the yeast, 2 tablespoons of the sugar, and the milk. Let sit to make sure it bubbles.

Child: Sift the flour and mix it with the remaining sugar, salt, cinnamon, egg yolks, and the yeast mixture.

Adult with Child: Knead the dough until it forms a ball. Add the butter or margarine. Knead some more, until the butter is well absorbed. Cover with a towel and let rise overnight in the refrigerator.

Adult: Roll out the dough to a thickness of 1/8 inch.

Child: Cut out the dough into 24 rounds with a juice glass, or any object about 2 inches in diameter. Take 1/2 teaspoon of preserves and place in center of 12 rounds. Top with the other 12. Press down at edges, sealing with egg whites. Crimping with the thumb and second finger is best. Let rise for about 30 minutes.

Adult: Heat 2 inches of oil to about 375°. Drop the doughnuts into the hot oil, about 5 at a time. Turn to brown on both sides. Drain on paper towels.

Child: Roll the doughnuts in sugar.