

A Journey In Doughnuts Island...

Doughnuts are fun and easy to prepare. Just have a look at the 3 recipes below that I have prepared for you.

BISQUICK DONUTS

Doughnuts:

- ~ 1 egg
- ~ 1 tsp vanilla
- ~ 1/4 cup milk
- ~ 1/4 tsp cinnamon
- ~ 1/4 tsp nutmeg
- ~ 2 cups Bisquick
- ~ 2 Tbl sugar
- ~ Vegetable oil

Sugar coating:

- ~ 1 tsp cinnamon
- ~ 1/2 cup sugar

Chocolate glaze:

- ~ 1 cup powdered sugar
- ~ 2 squares semisweet chocolate (1 oz Each)
- ~ 2 to 3 tbl Hot water
- ~ 3 tbl butter
- ~ 3/4 tsp vanilla

Pour 3 to 4 inches of oil into a deep-fat fryer. Heat to 370 degrees. Blend Bisquick, sugar, vanilla, egg, milk, cinnamon and nutmeg until smooth. Smooth into ball on floured, cloth-covered board. Mold 10 times. Roll 1/4-inch thick. Slice with floured doughnut cutter. Slide doughnuts, 3 at a time, into oil. Fry until yellow, about 30 seconds on each side. Drain on paper towels. Eat plain or use sugar coating or glaze.

For Glaze:

Melt chocolate and butter together in a saucepan. Stir in powdered sugar, vanilla and water. Pour over doughnuts.

To Make Chocolate Doughnuts:

Use 1/4 cup of sugar instead of 2 Tbl, 1/3 cup milk instead of 1/4 cup, and add 1/4 cup of cocoa powder.

For Sugar Coating:

Shake sugar and cinnamon together in a large plastic bag. Add doughnuts, one at a time and shake.

CRISPY CREAMS

- ~ 1-1/2 cups lukewarm milk
- ~ 1-1/2 tsp. vanilla
- ~ 1 quart vegetable oil for frying
- ~ 1 tsp. salt
- ~ 1/2 cup white sugar
- ~ 1/3 cup butter
- ~ 1/3 cup shortening
- ~ 1/4 cup warm water (105 to 115 degrees)

- ~ 2 (.25 ounce) envelopes active dry yeast
- ~ 2 cups confectioners' sugar
- ~ 2 eggs
- ~ 4 tbl. hot water or as needed
- ~ 5 cups all-purpose flour

Add the yeast over the warm water, and let stand for 5 minutes. In a large bowl, mix together the yeast mixture, eggs, shortening, milk, sugar, salt and 2 cups of the flour. Mix for a few minutes at low speed, or stirring with a wooden spoon. Beat in residual flour 1/2 cup at a time, until the dough no longer sticks to the bowl. Mold for about 5 minutes, or until soft and elastic. Put the dough into a greased bowl, and cover. Set in a temperate place to rise until double. Dough is ready if you touch it, and the indentation remains. Rotate the dough out onto a floured surface, and smoothly roll out to 1/2 inch thickness.

Slice with a floured doughnut cutter. Let doughnuts sit out to rise again until double. Cover loosely with a cloth. Melt butter in a saucepan over medium heat. Mix in confectioners' sugar and vanilla until soft. Take away from heat, and stir in hot water one tablespoon at a time until the icing is somewhat thin, but not watery. Set aside.

Warm up oil in a deep-fryer or large heavy skillet to 350 degrees (175 degrees C). Slide doughnuts into the hot oil using a wide spatula. Turn doughnuts over as they rise to the surface. Deep-fry doughnuts on each side until golden brown. Get rid of from hot oil, to drain on a wire rack. Plunge doughnuts into the glaze while still hot, and set onto wire racks to drain off excess. Keep a cookie sheet or tray under racks for easier clean up.

PUMPKIN DOUGHNUTS

- ~ 1 cup fresh pumpkin puree or canned pumpkin
- ~ 1 cup sugar
- ~ 1 tsp. nutmeg
- ~ 1/2 cup buttermilk
- ~ 1/2 tsp. baking soda
- ~ 1/2 tsp. cinnamon
- ~ 1/4 tsp. ground ginger
- ~ 2 eggs, beaten
- ~ 2 tbl. oil
- ~ 2 tsp. salt
- ~ 4 cups flour
- ~ 4 tsp. baking powder
- ~ Powdered sugar, for coating

In a large bowl, beat eggs and sugar until light and fluffy. Include oil, pumpkin and buttermilk. Combine dry ingredients together and include to egg mixture. Cool 1 hour. Turn out on floured board and roll to 1/2-inch thickness. Use a donut cutter to cut donuts. Deep fry at 375°F. until brown on one side. Turn over. Brown other side. Drain well on paper towels and roll in sugar.

Happy Donuts! :o)

Source: <http://www.articlecircle.com>

About the Author

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