

Old Fashioned Doughnuts

Is there really anything better than a freshly fried old-fashioned doughnut for breakfast? The subtle flavours of nutmeg and cinnamon are set off by the translucent yet thick and creamy glaze, which is sweet without being overpowering. Use the leftover batter to make splendid and sugary mini doughnut balls, which have more surface area for icing! These come together quickly and are always devoured, no matter the occasion.

2 ½ cups all-purpose Flour
2 tsp baking powder
1 tsp salt
½ tsp ground nutmeg
½ tsp ground cinnamon
½ cup white sugar
2 tbsp EVOO
1 egg + 1 egg yolk
½ cup plain yogurt
½ cup 2% milk

Glaze:

4 cups icing sugar
½ tsp nutmeg
¼ tsp salt
½ tsp vanilla extract
½ cup hot water

Oil for frying

In a bowl, mix together dry ingredients.

In a separate bowl whisk together the olive oil, sugar, egg, and yolk until light and fluffy. Fold in dry ingredients, alternating with yogurt and milk, in two additions. The dough will be really sticky. Press the dough into the bottom of the bowl and cover the surface of the dough with plastic wrap. Place in fridge for 1 hour and chill.

While the dough is chilling, In a wide dish, dish, whisk together glaze ingredients and cover until ready to use.

Turn the dough onto a well-floured surface and press it into a circle ½ inches thick. Using a doughnut cutter or a well-floured glass, cut out doughnuts. You should get about a dozen.

In a heavy-bottomed skillet, place 2-3 inches of oil for frying. Heat on medium heat to 325F.

Fry the doughnuts in batches, 3 to 4 at a time, depending on the pan size. Turn when golden brown, about 1 minute per side. Remove from oil and let drain on a wire cooling rack, with a paper towel underneath to soak up any oil drips.

Dip each doughnut into the glaze, covering it completely. Carefully pick it up with a fork and place back on the rack. If the glaze isn't quite thin enough, add a tablespoon of water at a time to ensure it will coat evenly and not be too thick.

These are best enjoyed the day they are made, but can keep in an airtight container for up to 3 days.