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## DONUTS



- Doughnuts can be made in different shapes and sizes according to your liking and a variety of garnishes can be applied.
- An oven is not necessary to turn out homemade doughnuts – All you need is a deep frying pan.
- Furthermore, special equipment is also not required as the manual process can be utilized from start to finish.
- Yeast levels can be adjusted accordingly depending on how quickly the end product is required. When the sugar level exceeds 10% against flour weight, it is better to use high sugar yeast for better results.
- Since this is a yeast based product, care has to be taken with the fermentation and final proofing in order to achieve the desired results.
- The Sheeted dough process needs to have a doughnut cutter. But manually the doughnut can be shaped by hand.

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- To avoid greasy / oily taste, heat up the oil on medium high for 5 minutes, and then gradually reduce the heat to around 175c (350f).
  - Long frying time at low temperature will absorb the oil into the doughnut and when the heat is too high the doughnut will end up with the inside uncooked.
  - Make sure any excess oil drips off the doughnuts before you glaze it.

### Utensils / Equipment

- Frying pan - Frying
- Frying Spoon - Taking back the doughnuts
- Doughnut Cutter - Shaping
- Rolling Pin - Sheeting

## INGREDIENTS

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No	Ingredients	Weight (g)	Steps	Remarks
1	Plain Flour	500	1	
2	Water	240	4	
3	Yeast(High Sugar)	10	1	Normal Yeast- 15g
4	Salt	5	2	
5	Sugar	80	2	
6	Margarine	75	5	
7	Milk Powder	20	2	
8	Eggs	50	3	
9	Lime Juice	2.5	3	
10	Rum Essence	2.5	3	

## PREPARATION

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### Process

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1. Mix all the ingredients together for two minutes without water and Margarine
  2. Add water gradually to the mixture until it becomes a slight hard dough
  3. Add margarine and mix until the dough gets soften
  4. Rest for 15 minutes (Cover the dough with a wet cloth or an oiled lunch sheet)
  5. Divide into pieces(Approximately 60g)
  6. Round the dough and proof the dough on a flour-dusted tray
  7. Rest the dough until proof enough (20 to 30 minutes)
  8. Place a whole in the middle of the dough
  9. Deep fry for few minutes until golden brown color

### **Garnish**

1. Use a Chocolate garnish (Dark Brown/White)
2. Use a Round shape.
3. Use some colored Vermicelli designs on top
4. Icing sugar also can be used instead of chocolate garnish

### **Critical Points**

1. Making the dough into ring shape
2. How to deep fry
3. Making of garnish
4. Dipping the doughnut in the garnish