



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

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

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