



A CLASSIC TREAT REINVENTED

DOUGHNUTS

60 easy, delicious recipes



ROSIE REYNOLDS

About the Book

These are not your average doughnuts...

Baked or fried, rolled in sugar, topped with meringue, filled with cream, custard and jam, iced, dipped in chocolate or piled in glorious heaps and drizzled with toffee sauce - doughnuts are a seriously good treat.

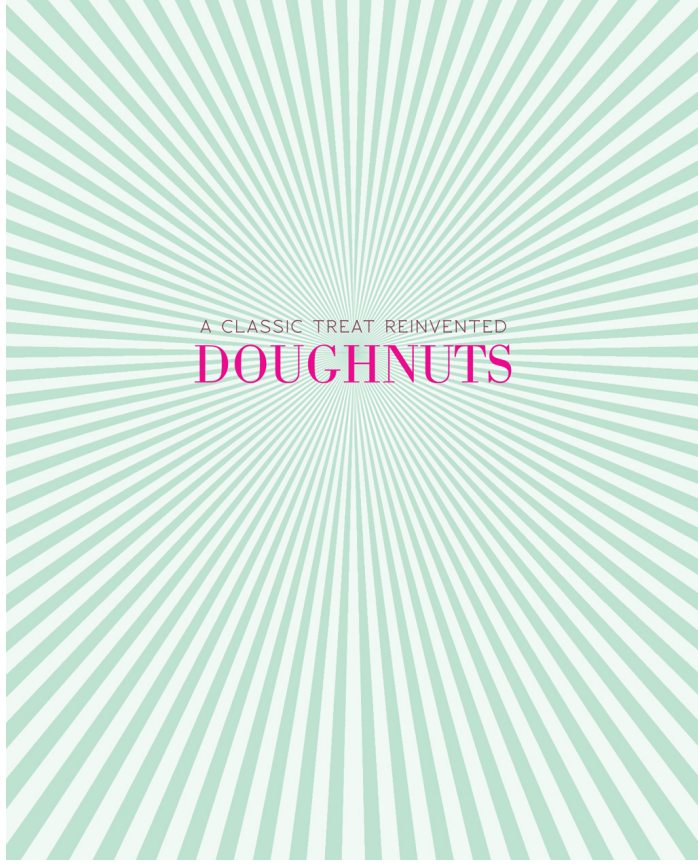
These mouth-watering recipes are easy to make and transform the humble doughnut into a bake to be proud of. Doughnuts are perfect for celebrations - try a chocolate doughnut tower instead of a birthday cake or minty candy cane doughnut sticks for Christmas. Also included are delicious doughnuts from around the world, from fruity Dutch olibollen to Mexican churros with chocolate sauce.

It's time to give the doughnut a much-needed makeover.

About the Author

Rosie Reynolds trained as a cook and recipe writer first at Westminster Kingsway College and then at Leiths School of Food and Wine. She excelled at Leiths and secured a job working for BBC Good Food and Olive magazines. Since then Rosie has also worked on TV programmes, including BBC's One Show, and for supermarkets, such as Waitrose. She is an integral member of Bill Granger's food team, working as a food stylist and recipe developer for his book range, magazine columns and features.

Rosie's passion is for fuss-free, tasty food, prepared and shared with love! She enjoys nothing more than discovering new flavour combinations, drawing influences from all over the world, to create delicious recipes for home cooks.



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DOUGHNUTS





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THIS BOOK IS FOR SPAM & ANNABEL



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Just Vanilla

THANK YOU

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List of Recipes

After-Dinner Mints

Banana & Toasted Coconut

Banana Split

Berries, Seeds & Rye

Blueberry Cheesecake

Boozy Chocolate Cherry

Candy Canes

Carrot Cake

Champagne & Strawberries

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Spicy Chicken

Sugar & Spice

The Classic

Tiramisu

Toffee & Chocolate

Very Berry

INTRODUCTION

This is a collection of 60 recipes to celebrate the doughnut, whether it be round or ringed. There are loads of flavour combinations here, inspired by my favourite childhood treats and the many yummy things I've eaten along the way since then - it's surprising how many things taste even better when turned into a doughnut!

For a long time doughnuts were, for me, either the piping hot, sugar-rolled rings eaten on New Brighton Beach, or the sweet treats bought in multi-packs at the supermarket by my mum to keep my sisters and me quiet while she shopped! More recently, I've indulged in some more extravagant flavours offered by a few of London's top foodie destinations: beef-cheek doughnuts anyone?

Most countries have some variety of doughnut in their regional cuisine, from the Italian bombolone, stuffed with everything from custard to chocolate and hazelnut spread, to the Indian gulab jamun, often fragranced with rose water but here soaked in spiced Chai tea syrup. It turns out the doughnut is much more versatile and interesting than I previously thought...

If you're put off by the idea of fried dough, well, try baked doughnuts instead. Freshly made and either drizzled with icing or brushed with a little melted butter and rolled in sugar, they are absolutely delicious. There are fried doughnuts here, too, because homemade and eaten still warm, they are really, really good - and frying with a vat of oil isn't as scary as it sounds.

What about doughnut cakes? They look like a doughnut but taste like a cake! I've made these with yogurt and oil instead of butter, which gives them a dense texture that holds a good ringed shape.

Cupcake towers and croquembouche have been around for a while, so what about a doughnut tower instead? Baked, stacked and drizzled with chocolate, they make a great birthday cake alternative – try Rocky Mountain in chapter 4.

There's even a chapter on virtuous doughnuts. Worry not, I'm not suggesting you fill deep-fried fresh air with jam. Rather, these doughnuts have a bit of fruit or veg, use wholemeal flour or are gluten- or dairy-free – they still pack a flavour punch.

Doughnuts have been over-looked for too long and it's time to give them a rebranding. They are so versatile – whatever tickles your fancy, there should be a doughnut for everyone in this book. Enjoy!

Rosie Reynolds



WHAT IS A DOUGHNUT?

Typically, doughnuts are made from enriched, yeasted dough, which is then often deep-fried, rolled in sugar and filled. You'll see that throughout this book I've used a basic enriched dough, 'The Classic', as the starting point for most of the doughnut recipes. I suggest you make The Classic first, get used to the method and then try the rest of the recipes.

There are other variations here - some arguably not doughnut-like at all e.g choux buns and doughnut cakes. Choux buns look like posh doughnuts and the pastry is made using basic ingredients and a not-too-difficult method. You don't even have to get your hands dirty: water and butter are brought to the boil, plain flour is added then eggs are beaten in. Eggs cause the pastry to puff up rather like a doughnut, and choux pastry can also be baked or fried. Do not be afraid of choux pastry, give it a try.

Whichever doughnut you decide to make, the most important thing is to have fun and give it a go.

USEFUL EQUIPMENT

Here's a list of equipment you will need to make the doughnuts in this book:

LARGE MIXING BOWL

SMALL BOWLS – for icings and fillings

MEASURING JUG

SET OF DIGITAL SCALES

SET OF MEASURING SPOONS – ranging from $\frac{1}{4}$ teaspoon to 1
tablespoon

SET OF ROUND CUTTERS (not essential)

WOODEN SPOON, TEASPOONS, DESSERTSPOON AND A SLOTTED METAL
SPOON (for frying)

ELECTRIC HAND WHISK (makes beating so much quicker)

SHARP KNIFE, A ROUND-ENDED KNIFE AND A SMALL SERRATED KNIFE

SMALL AND MEDIUM-SIZED SAUCEPAN

COUPLE OF BAKING SHEETS AND LOTS OF NON-STICK BAKING PAPER

KITCHEN/SUGAR THERMOMETER – very important to achieve
the correct temperature of the frying oil

DOUGHNUT TIN – available online and from cook's shops,
these have six ringed holes perfect for making
ringed doughnuts and doughnut cakes.

DOUGHNUT MAKER – not essential for this book, but a lot
of fun! Available online and from cook's shops,
doughnut makers are easy to use, producing high
yields of tasty, pretty little doughnuts really
quickly. Throughout this book, recipes for
doughnuts that can be made with a doughnut
maker will state 'Makes 6 large or 30 mini'