

Sufganiyot - Jelly Doughnuts

2.2 pounds (1 kilo) bread flour

2 tablespoons instant yeast

1 cup (200 grams) sugar

1 teaspoon salt

2 teaspoons grated lemon zest (optional)

1.5 cups milk, (360 ml)

1/2 cup (113 grams) butter, melted OR 1/2 cup oil

3 large eggs

2 tablespoons brandy/vodka/bourbon/scotch whichever you choose

1-1.5 liters/quarts oil for frying

Powdered sugar for top

For filling: jam/chocolate spread/biscoff spread

Directions:

In large bowl, place flour, yeast, sugar, salt (not too close to yeast) and grated lemon peel if you choose to use it (but do, it's so good) and mix well. Heat the milk and melt the butter in the hot milk and cool to lukewarm. (A note, you do have to heat milk since there's an enzyme in milk which can retard rising of dough, heating it removes this issue). Add milk/butter mixture, eggs, and the liquor of your choice. Knead all together till dough is smooth. Oil the dough all over and cover with plastic wrap to rise till doubled in bulk. Form about 30 balls of dough from the mixture and place on parchment paper lined trays, giving them room to rise, not too close together. Place in a warm environment to rise. Once risen, take the oil and place in deep pot and fill 2/3 full. Bring oil to boil and lower to medium heat. Fry about 3-4 doughnuts at a time, not crowding them so they can rise properly and fry for about 3-4 minutes on each side or till insides are cooked. I recommend starting with one doughnut and frying to see how long it takes to properly cook and proceeding with all the rest of the dough balls. Keep an eye on how high the boil of the oil is, don't cook on too high a flame. Drain on wire racks or if you don't have any, on paper towels. Using a sharp knife, make a slit in the side of the doughnut and fill with your filling of choice with a teaspoon. Shake powdered sugar on top just before serving (or it gets absorbed).