



# Recipe Corner

by Dorothy Johnson

Betsy Balsley, Food Editor for the Los Angeles Times gives us the different origin of the Doughnut.

The origin is really a little bit complicated. Some historians attribute its beginnings to the sojourn the Pilgrims had in Holland prior to settling in this country. The tale goes that while they tasted and obviously enjoyed the fried cakes the Dutch frequently prepared and, as with most good foods, adapted the recipes for their own use.

Still other stories contend that either a New England sea captain or a Nauset Indian were responsible for the original doughnut.

According to the legend about the sea captain, one Hanson Gregory, it seems his mother liked to make deep fried cakes, but they were always soggy in the center. As a boy, Gregory complained about this and suggested that she cut the center out before cooking the cakes. The result was the doughnut-with-a-hole, as we know it today.

A more whimsical tale about the doughnuts beginnings has to do with a sportive Cape Cod Indian who, sometime in the 1600's, supposedly shot an arrow through a small cake his wife was making. Quite naturally this caused the squaw to drop it into a pot of boiling fat. You can fill in the rest of the story there.

Whatever its true origins, the doughnut is a real American institution. Fast-food snack shops that concentrate on selling doughnuts proliferate throughout the country. Custom bakeries offer numerous types of doughnuts, as do supermarkets in both their freezer cases and their baked goods sections. And any short order food outlet that doesn't have doughnuts for coffee breaks is probably in trouble with its customers.

But easy as it is to buy ready-made doughnuts, there's nothing quite like those freshly made at home. A genuine doughnut is always deep fried. With so much emphasis today on the avoidance of excess fats, "baked" doughnuts have become popular, but they are not true doughnuts and tend to be considerably cakier in texture. And, truthfully, they just can't match the flavor of the real thing.

## JELLY BISMARKCKS

1/3 cup butter or margarine  
Sugar  
1 tsp. salt  
1 cup milk  
1 pkg. dry yeast  
1/4 cup warm water (105-115 degrees)  
3 eggs, slightly beaten  
5 1/2 - 6 1/2 cups flour  
Oil  
Jelly, Apple butter, or Cherry Preserves

In a large mixing bowl, combine butter, 1/3 cup sugar and salt. Heat milk in a small pan until very warm. Pour over ingredients in bowl (butter need not melt). Dissolve yeast in warm water. When milk mixture has cooled to lukewarm, add yeast, eggs and 3 cups flour. Beat until smooth, then add enough additional flour to make stiff dough. Turn out onto lightly floured board and knead until smooth and elastic, about ten minutes.

Divide dough into thirds. Roll, 1/3 at a time to 1/4 inch thickness. Cut into 3 inch rounds. Place a rounded teaspoonful of jelly on half the dough rounds. Cover with remaining rounds. Press edges together and recut with 2 3/4 inch cutter to seal. Place doughnuts on floured baking sheets. Let rise until doubled in size, about 30 minutes. Fry in deep hot oil heated to 360 degrees until browned on both sides, 3 to 4 minutes, turning doughnuts once. Drain on paper towels. Cool slightly, then roll in granulated sugar. Makes about 30 doughnuts.



**DARKLY DELICIOUS** - Carob powder, whole wheat flour and buttermilk make these cake-type doughnuts different. Sprinkle them with powdered sugar or glaze as you may desire.

## CAROB WHOLE WHEAT DOUGHNUTS

1 cup all-purpose flour  
3 tbsp. Carob powder  
2 tsp. baking powder  
1/8 tsp. soda  
1/4 tsp. cinnamon  
1 cup whole wheat flour  
1 egg  
2/3 cup sugar  
2 tbsp. melted shortening  
1 tsp. vanilla  
1/3 cup buttermilk  
Oil for frying  
Powdered sugar

Sift together all-purpose flour, Carob powder, baking powder, soda, salt and cinnamon. Mix in whole wheat flour. Beat egg until light and gradually add sugar. Stir in shortening and vanilla. Add flour mixture alternately with buttermilk, stirring lightly until mixed. Roll out dough, half at a time, about 1/2 inch thick on floured surface. Keep rest of the dough chilled, if needed. Cut with floured doughnut cutter. Drop, a few at a time, into deep oil heated to 375 degrees and cook 2 to 3 minutes, turning once or twice. Drain on paper towel. Sprinkle with powdered sugar. Makes 10 to 12 doughnuts.

## BUTTER MILK DOUGHNUTS

2 eggs  
1 cup sugar  
Oil  
1/2 tsp. Vanilla  
1/2 tsp. nutmeg  
4 cups flour  
4 tsp. baking powder  
3/4 tsp. salt  
1/4 tsp. soda  
1 cup buttermilk

In a small bowl, beat eggs slightly. Add sugar and heat until thick. Stir in 1/4 cup oil, vanilla and nutmeg. Combine flour, baking powder, salt and soda in mixing bowl. Add egg mixture to dry ingredients alternately with buttermilk. Beat until just blended. Turn dough out onto lightly floured surface and roll out a third at a time to 1/2 inch thickness. Cut

## Do It Yourself Doughnuts

with floured 2 1/2 inch cutter. Heat oil to 375 degrees and fry doughnuts until golden brown, turning once. Drain on paper towels. Sprinkle with powdered sugar, or granulated sugar or frost as desired. Makes 2 dozen.

## SUNBURST DOUGHNUTS

3 1/2 to 4 cups flour  
2 pkgs. dry yeast  
1/2 tsp. nutmeg  
3/4 cup milk  
1/2 cup orange juice  
1/2 cup sugar  
1/4 cup oil  
2 tsp. salt  
1 tsp. grated orange peel  
1 egg  
Oil for frying  
Orange Glaze

Stir together 2 cups flour, yeast and nutmeg. Heat milk, orange juice, sugar, oil, salt and orange peel until very warm (120 to 130 degrees). Add liquid all at once to flour mixture. Beat until smooth, about 2 minutes at medium speed of mixer or 300 strokes by hand. Turn onto lightly floured surface. Knead, adding more flour as needed to prevent sticking, until smooth and satiny, 5 to 8 minutes. Place in greased bowl, turning to grease all sides and let rise in warm place (80 to 90 degrees) until doubled, about 90 minutes. Punch dough down, let rise 10 minutes. Roll out on lightly floured surface to about 1/2 inch thickness. Cut with 2 inch doughnut cutter. Place on lightly greased baking sheets. Put in warm place and let rise until doubled, 30 to 40 minutes. Preheat 2 to 3 inches of oil to 375 degrees and fry doughnuts, a few at a time, about 2 minutes on each side. Remove and drain on wire rack. Dip in orange glaze.

## ORANGE GLAZE

1 (1 lb.) box powdered sugar  
1/4 to 1/2 cup orange juice  
Beat sugar and 1/4 orange juice until smooth. Add more juice for a thinner glaze.

## KOEKSISTERS (South African Doughnuts)

1 cup milk  
1/3 cup dark brown sugar, packed  
1 tsp. salt  
1/2 cup butter or margarine  
1/4 cup warm water  
1 pkg. dry or cake yeast  
2 eggs  
2 tsp. orange peel  
1 tsp. nutmeg  
4 cups unsifted flour  
Oil for frying  
1 1/2 cups sugar  
1/2 tsp. cinnamon  
1 cup boiling water

Scald milk, stir in brown sugar, salt and butter. Cool to lukewarm. Measure warm water into large warm bowl. Sprinkle or crumble in yeast, until dissolved. Add lukewarm milk mixture, eggs, peel and nutmeg. Mix until well blended. Stir in flour, then cover tightly.

Refrigerate at least 2 hours or overnight. (Dough may be kept in refrigerator up to 4 days.)

Divide dough in half. On well floured board, roll 1/2 dough to a 14 x 6 rectangle. Cut into nine 1 1/2 inch strips. Cut in half, making 18 strips of 3 1/2 inches. Divide each strip into thirds by cutting lengthwise to within 1/2 inch of one end. Braid, seal ends well. Repeat with remaining half of dough. Allow to rise until slightly puffy. Fry in deep hot oil (375 degrees) until golden brown on each side. Drain well. Combine 1 1/2 cups sugar and the cinnamon. Stir in boiling water. Cook over medium heat until mixture comes to full boil. Dip Koeksisters in syrup. Serve cold.