

Sufganiyot by Rebekah Maccaby (December, 2020)

This recipe makes a square, more beignet-like pastry than a jelly doughnut one might get at Dunkin Donuts.

After the main recipe is a list of ingredients and extra directions to make a gluten-free version.

The dough has very little sugar in it, so by using sugar-free filing, one can make a version suitable for diabetics.

The recipe here is dairy, but there are notes on how to make it parve.

Ingredients	regular	half-recipe (works, but ¼ recipe doesn't)
	○ 2 packets quick-rise yeast	(1 packet)
	○ 4 tablespoons sugar	(2 tbsp)
	○ ½ c. 2% milk	(1/4 c.)
	(use ½ c. cashew/almond milk for parve*)	
	heated according to directions on yeast	
	○ ¼ c. whole wheat pastry flour	(2 tbsp.)
	○ 1 ½ c. bleached** all-purpose flour	(3/4 c.)
	○ 1 ½ c. white pastry flour	(3/4 c.)
	○ ½ c. almond flour	(1/4 c.)
	○ ¼ tsp cream of tartar	(1/8 tsp)
	○ ½ tsp baking powder	(1/4 tsp)
	○ ½ tsp salt	(1/4 tsp)
	○ 1 tsp ground cinnamon	(1/2 tsp)
	○ 2 tsp vanilla	(1 tsp)
	○ 2 whole eggs, separated + 2 whites	(1 egg, separated + 1 white)
	at room temp****	
	○ 1 tsp apple cider vinegar***	(1/2 tsp)
	○ 4 tablespoons (1/2 stick) butter	(2 tbsps.)
	or pareve margarine, at room temp****	
	○ Fillings (fruit, or icing; see notes)	
	○ Powdered Sugar	
	○ Vegetable oil for deep-frying (rice bran oil works best—you want a high-temp oil)	

*soy milk “works,” but has an odd taste. Other vegan milks don’t seem to work.

**must be bleached.

***OK to use red wine or rice wine vinegar if you do not have apple cider vinegar. Do not use plain or balsamic vinegar.

**** important to have these at room temp; if you bake in morning, take them out night before.

Equipment

- Measuring spoons
- Measuring cups
- Mixing bowls (one small, one large)
- Stirring Spoon
- Sifter or strainer
- Clean dish towel
- Rolling pin
- Sharp, non-serrated knife
- Deep fryer, deep pan, or electric frying pan. (I use a mini-fryer called a “Fry Daddy.”)
- Slotted spoon, or deep-frying utensil
- Paper towels (not necessary—needed for draining—may use cloth towel)
- Tiny spoon
- Pastry board or large cutting board
- Stand mixer, or large bowl and hand-held mixer, plus a whisk
- Candy thermometer—necessary, but they cost just a few dollars
- Parchment paper (NOT wax paper)
- Spray oil (such as PAM, or the generic thereof)

Preparation

Mix sugar, yeast, and milk (heated according to instructions on yeast packet, using candy thermometer) in small bowl. Leave to bubble.

Mix together thoroughly the dry ingredients in large bowl, using mixing spoon.

Put egg whites in stand mixer with whisk attachment, and beat until fluffy and white, but not stiff; or whisk by hand to same degree.

Add vanilla, yolks, yeast (if yeast is not bubbling by now, throw out and start again) and shortening to egg whites; mix with whisk attachment or paddle. Add cider vinegar.

Attach dough hook. Slowly add dry ingredients. (Use dough hook on hand mixer, or mixing spoon.) Thoroughly mix until forms a ball, even if sticky. Move to board, flour your hands, and knead by hand until smooth (may still be slightly sticky), at least 2 minutes. If dough does not pull away from hands after two minutes, add a little extra flour. If dough is not very pliant nor even slightly sticky, add a small amount of water. If water or flour has been added, knead another 1-2 minutes.

After kneading, oil very lightly (may use frying oil, or spray oil, it doesn't matter—it's to keep dough from drying out), place back in mixing bowl, and cover with a towel. Let rise until doubles or for 2 hours.

When dough has risen, turn on oven to 150°F (or "warm" setting). Cover pastry board with flour that has a small amount of fine sugar added about 2:1 (may leave out sugar if serving to sugar-sensitive people, or use regular ground sugar if fine is not available). Roll out the dough to a thickness of ½ cm. Cut into 4cm squares using sharp, non-serrated knife, and place on parchment paper laid on cookie sheets. Turn off oven, and let rise 1-2 hours on parchment paper in warm oven.

If you need to leave the dough for longer, or overnight, place in refrigerator after 2 hours in warm oven. Remove from fridge, and let warm to room temp before frying.

Prepare deep fryer, or pot or pan on stove top. Rice bran oil is the best for deep-frying, as it has a very high smoking temp, and almost no one is allergic to it. Heat oil in a deep fryer, or deep pan to 375°F (use a candy thermometer). If it smokes, you need to use a different oil. Check the burning point of different oils. Drop about 3 squares a time into fryer. Let them cook about 30 seconds, and turn. If they are sinking, and releasing too much gas to cook satisfactorily (outsides overdone, insides underdone) let rise uncovered at room temperature for at least an hour, with a very light coat of oil.

Turn squares while frying, allowing to brown slightly, as you would a cookie baking in the oven, on both sides, about 30 seconds per side. After frying, drain on towels. (Paper or cloth.) Cool on rack if you have one.

You want a crust on them, but a very light one, not a crust like a baguette. Like the crust of a croissant, but not so flakey. Inside, you want a pastry. You don't want them as squishy as an American jelly doughnut

When cool, inject with about ½ tsp of filling using pastry bag and long, thin nozzle.

Sprinkle with powdered sugar when very cool, using sifter or strainer.

Fillings

Buy commercial jam, Solo cake and pastry filling, or boil frozen fruit until most of the water is gone, stirring occasionally. Mash with potato masher, then add sugar to taste. May add Splenda as well. If using another artificial sweetener, cool fruit first. (Aspartame and saccharine break down if they are heated.) It is also possible to buy dry fruit, and boil in water until soft, then mash very well with a potato masher (I don't, but you could use a blender or food processor), add sweetener, etc. If they seem bland, add a few drops of lemon or orange peel oil (NOT juice). May use pie fillings, but they should be mashed, and are sometimes too tart for sufganiyot. There are also commercial pastry fillings.

Here're my recommendations for types of fillings to use:

(I'm not suggesting that you need to use every one of these in a single year. I usually pick about four or five to make in a year. Leftover homemade filling, I freeze, and use for hamantashen. I'm just listing them all because aside from the fun of baking, if you like it, the big advantage of making your own sufganiyot is being adventurous with the fillings.)

Apricot, prune: boil dried fruit and mash; add a few drops of orange peel oil. Place the dried fruit in a pot, and cover just to the top of the fruit with water. Bring to a boil, then simmer uncovered. Watch the water level so it does not burn. Test after 15 minutes with a fork, and every five minutes thereafter to see if it is ready to be mashed with potato masher.

Cherry: either boil dried fruit; or use pie filling, mashing first.

Strawberry: boil frozen fruit, then mash. It takes a lot of frozen to get enough filling.

Blueberry: use commercial jam, or "spreadable fruit."

Raspberry: use commercial seedless jam, or commercial pastry filling.

Poppyseed: use commercial pastry filling.

Chocolate: use a commercial cake icing.

Vanilla: use a commercial cake icing.

Pudding fillings: make from scratch, or use a "cook & serve" mix DO NOT use instant. You could probably also use a shelf-stable commercial pudding, but I have not tried.

When adding sugar or other sweetener, sweeten to taste, bearing in mind what tastes right by itself almost always needs to be just a little sweeter in the pastry, so once it tastes right to you, add another tablespoon of sugar, or teaspoon of Splenda, for every cup or so of filling.

Other fillings I've seen, but have not tried: nut butters, Nutella, cheesecake, applesauce. All of these can be bought ready-to-use. Any jelly or jam can be used—I've seen boysenberry and rhubarb in stores-- but don't use preserves—preserves have big chunks of fruit.

Filings I haven't seen, but would probably work: Date, fig: my best guess is to put dried fruit in a food processor one setting above "puree" with a very small amount of water.

Gluten Free Sufganiyot

Ingredients

yeast

- ½ c. milk heated according to directions on yeast
- 2 packages yeast
- 6 tablespoons sugar

dry ingredients (separate bowl, mix, set aside)

- ½ c. tapioca starch
- ¼ c. potato starch
- ½ c. oat flour
- ½ c. white rice flour
- 1 tbsp. xanthan gum
- 1 ½ c. almond flour
- 1 tbsp cream of tartar
- ¼ c chickpea or lentil flour
- 2 tbsp cashew flour
- 1 tsp salt
- 1 ½ teaspoon ground cinnamon
- 1 tsp baking powder
- ½ tsp baking soda

liquid ingredients

- 2 tsp vanilla
- 2 whole eggs, separated + 2 egg whites (have them at **ROOM TEMP**)
- 6 tbsp parve margarine (have at **ROOM TEMP**)

Place yeast in small bowl with sugar, and milk brought to temperature suggested on package; stir; leave to bubble.

Mix all dry ingredients in large bowl, stirring thoroughly.

Whisk egg whites until foamy and white, but not stiff, either by hand, or on stand mixer; add yeast and other liquid, including shortening. Mix on stand mixer, then change to dough hook, and slowly add dry ingredients.

Follow directions for non GF sufганиyot from here.