

FRIED SUFGANIYOT

Made with Yeast

INGREDIENTS

- 2 Yeast Envelopes (1/4 oz size) (dry)
- 1/4 C Water (warm) water (105 to 115 F)
- 1 1/2 C Milk **OR** almond milk **OR** quinoa milk **OR** Rice milk (room temperature)
- 3/4 C Sugar
- 1 t Salt
- 2 Eggs **OR** 1/2 C egg substitute
- 6 T Earth Balance margarine
- 5 C Flour or your choice
- Oil (for deep frying)
- 1 jar Strawberry **OR** other fruit jelly (13 1/2 oz)
- Powdered sugar & Cinnamon



DIRECTIONS

- 1 Sprinkle yeast over warm water & let stand 5 minutes, or until foamy
- 2 In the bowl of a mixer, combine the yeast mix, milk, sugar, salt, eggs, margarine & 2 cups flour
- 3 Mix for a few minutes at low speed
- 4 Beat in the remaining flour, 1/2 cup at a time, until the dough no longer sticks to the bowl
- 5 Knead dough (about five minutes) **OR** until smooth & elastic
- 6 Place the dough in a large greased bowl & cover with plastic wrap
- 7 Let rise in a warm place until doubled in bulk (about 1 hour)
- 8 Turn dough onto a floured surface & gently roll out to 1/2-inch thickness
- 9 Cut into circles & cover with a clean kitchen towel on your counter
- 10 Allow the circles to rise again until doubled in bulk
- 11 Heat 4 C of oil in a deep fryer **OR** in a heavy pot to 350 F
- 12 Carefully slide donuts into hot oil using a wide spatula
- 13 Turn the donuts over as they rise to the surface
- 14 Donuts are ready when both sides are golden brown.
- 15 Fill each donut with 1 T jelly using a pastry injector **OR** by cutting a small slit in the side of the donut & inserting the jelly with a baby spoon
- 16 Close the slit tightly, then roll in powdered sugar & cinnamon



NOTES
Makes 40 sufganiyot



