



JERNEJ KITCHEN

BERLINER DOUGHNUT WITH JAM

Make the Berliner Doughnuts with Jam for Mardi Gras. They are soft, fluffy, and generously filled with apricot jam. What's not to love?

MAKES	14	DOUGHNUTS
PREPARATION:	30	MINUTES
PROOFING:	3	HOURS
FRYING:	15	MINUTES
TOTAL TIME:	3	HOURS 45 MINUTES

BERLINER DOUGHNUT WITH JAM

500 g (4 cups) Manitoba flour (type 0) or bread flour

50 g (1/4 cup) sugar

120 g (1/2 cup) water

60 g (1/4 cup) milk

15 g (1 tbsp + 1 tsp) active dry yeast

2 eggs (size L)

1 egg yolk (size L)

1 tsp grated lemon zest

1 tbsp rum (optional)

5 g (1 tsp) salt

70 g (1/3 cup) unsalted butter

750 ml (3 cups) vegetable oil, for frying

200 g (2/3 cup) apricot jam (or other)

3 tbsp powdered sugar, for dusting

TOOLS AND EQUIPEMENT

stand mixer or hand mixer

bowl

cling film or plastic wrap

large baking sheet

DOUGH

Add flour and sugar to a bowl of a stand mixer fitted with a dough hook. Feel free to use a hand-held electric mixer fitted with two dough hooks. Make a well in the middle. Pour lukewarm milk and lukewarm water into the well. Add the active dry yeast and cover the ingredients with some flour. Add the eggs, egg yolk, grated lemon zest, rum, and salt. Start kneading on low, set the stand mixer to medium speed, and knead for about 6 - 8 minutes or until the dough is elastic, smooth, and easily separates from the bowl. Add the butter and knead for another 3 - 4 minutes for the butter to incorporate into the dough and separates from the bowl easily.

TIP

The water and milk temperature should be around 30 - 35°C or 85 - 95°F.

If you're using all-purpose flour instead of Manitoba flour or bread flour, use 20g less milk (2 tbsp).

FIRST PROOFING

Cover the bowl with the dough with clingfilm and leave to rise at room temperature (20 - 25°C / 68 - 77°F) until visibly increased, for about 1 hour - 1 1/2 hours.

SECOND PROOFING

Lightly dust a large baking sheet with flour. Divide the dough into 14 pieces. Each piece should weigh around 70g / 2.5 ounces. Shape each piece into a smooth ball. Place the balls seam-side down onto the prepared baking sheet and repeat the process until all the balls are shaped. Leave enough space between the doughnuts to rise. Cover with a kitchen towel.

frying pan with a lid
thermometer
spatula
paper towel
saucepan
pastry bag

Lightly sprinkle the towel with water. Leave the doughnuts to rise at room temperature for about 1 1/2 hours - 2 1/2 hours or until they triple in size.

FRYING

Place a large pan (with a lid) over medium heat. Add the oil and wait until the oil reaches 170 - 180°C / 340 - 355 °F. Lightly dust your spatula with flour and carefully pick one doughnut. Turn it around in your hands so the seam looks up, and gently drop it into the oil. Add about 4 - 5 more doughnuts, depending on the pan size. The doughnuts should have some space to move, but not too much. Shake the pan slightly to distribute the doughnuts. Cover with a lid and fry for 2 - 3 minutes at 160 - 170°C / 320 - 340 °F, then remove the lid, turn the doughnuts, and fry for another 2 - 3 minutes (uncovered). Transfer the doughnuts onto a paper towel-lined wire rack. Repeat the process until you fry all the doughnuts.

TIP

While frying, consistently check the oil temperature to ensure the needed temperature (160 - 170°C / 320 - 355 °F).

BERLINER DOUGHNUT WITH JAM

Add the apricot jam to a saucepan and place over low heat to warm it. Transfer to a pastry bag and pipe the doughnuts with the jam while they are still warm. Place on a serving plate and dust with powdered sugar.