



JERNEJ KITCHEN

HEART-SHAPED DOUGHNUTS

Heart-Shaped Doughnuts are soft, pillowy, and delicious. We fill them with jam or chocolate spread. These are perfect for Valentine's Day and Mother's day.

MAKES	16	DOUGHNUTS
PREPARATION:	30	MINUTES
PROOFING:	3	HOURS
FRYING:	15	MINUTES
TOTAL TIME:	3	HOURS 45 MINUTES

HEART-SHAPED DOUGHNUTS

60 ml (1/4 cup) milk
120 ml (1/2 cup) water
21 g (2 tbsp 1 tsp) active dry yeast
50 g (1/4 cup) sugar
550 g (4 1/2 cups) Manitoba flour (or bread flour)
2 eggs (120g or 4.2 oz)
1 egg yolk (20g or 0.7 oz)
1 tbsp rum (optional)
5 g (3/4 tsp) salt
70 g (1/3 cup) unsalted butter
750 ml (3 1/2 cups) vegetable oil, for frying

FILLING

80 g (1/3 cup) sugar
40 g (1/3 cup) powdered sugar
10 g (1 tbsp) vanilla sugar
350 g (12 oz) Chocolate Spread (Lino Lada)
360 g (12 oz) apricot jam

MAKE THE YEAST MIXTURE

Combine lukewarm milk, water, yeast, and sugar in a bowl. Stir and set aside for 10 minutes.

TIP

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

DOUGH

Add flour, eggs, egg yolk, rum (optional), salt, and the yeast mixture 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. 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 separate from the bowl easily.

TIP

In the original (Slovenian) version of this recipe we use Žito Hit Mix flour mixture, but since it isn't available all over the world, we adjusted the ingredients.

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.

SHAPING AND SECOND PROOFING

Lightly dust a large baking sheet with flour. Roll the dough into a 2 cm (0.8 inch) thick rectangle using a rolling pin. Using an 8

TOOLS AND EQUIPEMENT

bowl
clingfilm
large baking sheet
large pan with a lid
thermometer
spatula
paper towels
saucepan
8 cm (3-inch) heart-shaped
cookie cutter

Sponsored 8 cm (3-inch) heart-shaped cookie cutter, cut about 16 heart-shaped pieces of dough. Shape the leftover dough into 70g / 2.5 ounces balls for doughnuts. Place each piece of dough onto the prepared baking sheet. Leave enough space between the doughnuts to rise. Cover with a kitchen towel. Lightly sprinkle the towel with water. Leave the doughnuts to rise at room temperature for about 1 - 1 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 more doughnuts, depending on the size of the pan. 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, then remove the lid, turn the doughnuts, and fry for another 2 - 3 minutes (uncovered). Transfer the heart-shaped doughnuts onto a paper towel-lined wire rack. Repeat the process until you fry all the doughnuts.

FILL AND SERVE

Add all the sugars for the dusting into a deep plate and stir to combine. Coat the doughnuts in sugar, then fill with your favorite filling. If you fill them with apricot jam, add it to a saucepan and place it over low heat to warm it. Transfer to a pastry bag and pipe the doughnuts with the jam.