



## JERNEJ KITCHEN

# SOURDOUGH DOUGHNUTS

*These are incredibly rich in flavor, a bit more chewy and sweet.*

MAKES 10 DOUGHNUTS  
PREPARATION: 30 MINUTES  
FRYING: 6 MINUTES

### DOUGH

200 g [Sourdough starter](#)

120 ml water, lukewarm

60 g sugar

3 eggs, free range

60 g butter, softened on room temperature

400 g strong bread flour / all-purpose flour, plus for dusting

1 tsp lemon zest

8 g salt

1 tbsp rum (optional)

### GLAZE

200 g icing sugar

40 g milk

### TOOLS AND EQUIPEMENT

LARGE BOWL

SMALL BOWL

KITCHEN KNIFE

PARCHMENT PAPER

heavy based saucepan with a lid

BAKING TRAY

KITCHEN TOWELS

THERMOMETER

SAUCEPAN

SPATULA

Sponsored

### DOUGH PREPARATION

Add sugar to the lukewarm water in a large bowl, and then add the sourdough starter. Allow it to sit until the sourdough starter starts to slightly bubble, 10 minutes. In a small bowl, beat the eggs. Cut the butter on small cubes.

### DOUGH

Add flour, eggs, rum and lemon zest to the sourdough mixture in a large bowl. Knead well. After about 5 minutes, add the sea salt. Slowly incorporate the butter cubes and knead well with your hands. The dough has to be glossy and smooth.

### DOUGH PROOFING

Cover the bowl with cling film and leave to prove on a room temperature for about 5 hours, until it has doubled in size. Punch down the dough, then re-cover the bowl and put into the fridge to chill for 18 - 24 hours or overnight.

### DOUGHNUTS

Turn the dough out onto a lightly floured surface and form into a rectangle. Roll the dough in one direction only, to get a 2 cm / 0.8 inch thick rectangle. Cut out 10 doughnuts with a 7.5 cm / 3 inch and a 4 cm / 1.5 inch ring mold, dip the the molds in flour before every cut. Place the doughnuts on a baking tray, lined with parchment paper and dusted with flour. Leave plenty of room between them to prove. Cover lightly with cling film and leave for about 2 hours, or until about doubled in size.

### FRY

Get a heavy-based saucepan. Fill it up to the halfway point with rapeseed oil. Heat the oil to 165 - 170°C/330 - 340°F. Carefully remove the doughnuts from the baking tray, take care not to deflate them, and put them into the oil. Cover with a lid. Fry for 3 minutes on each side until golden brown. Don't cover with

WHISK  
CLING FILM

a lid when you turn the doughnuts around. Remove from the oil and place on kitchen paper. Set aside to cool before filling.

#### GLAZE AND SERVE

Combine the milk and sugar in a medium mixing bowl. Whisk the mixture until completely smooth. Dip the top of the doughnuts at room temperature into the mixture at room temperature. Transfer the doughnuts on a wire rack, glaze should run down enough to cover the last quarter of the donut. Sprinkle doughnuts with sprinkles, almonds or crystalized sugar.