



# Yeasted Doughnuts

## INGREDIENTS:

**All ingredients need to be at room temperature**

### PREFERMENT

- 127 grams bread flour
- 83 grams water
- 3 grams salt
- 1 gram fresh yeast

### DOUGH FORMULA

- 634 grams bread flour
- 187 grams pastry flour – use 50 % all-purpose flour & 50 % cake flour if pastry flour is not available
- 407 grams water
- 12 grams salt
- 44 grams fresh yeast
- 88 grams shortening
- 88 grams sugar
- 44 grams eggs
- 44 grams egg yolks
- 44 grams milk powder
- 88 grams preferment the formula above made 214 grams of preferment but you are only using 88 grams per batch.

## DIRECTIONS:

**PREFERMENT– make the day before you make the doughnuts**

1. In a mixer bowl, whisk together the bread flour and the salt. Add the water and fresh yeast and mix, using the paddle attachment of your mixer, on slow speed for 3 minutes. Increase the speed to slow-medium and continue to mix for an additional 2 minutes.
2. Cover the bowl with plastic wrap and let sit at room temperature overnight.

### To mix the final doughnut dough

1. Mix all dry ingredients in a bowl.
2. Add 70 % of the water, the eggs, and the 88 grams preferment and mix on speed 1 using the paddle attachment.
3. When everything is incorporated, mix on speed 1 for an additional 3 minutes.
4. Mix on slow-medium speed for 6 minutes, using the dough hook of your mixer.

5. Cover the mixer bowl with plastic wrap and let the dough ferment at room temperature for 30-45 minutes.
6. Divide the dough into 2 ¼ ounce pieces and shape each piece into a tight ball.
7. Shape each ball into the desired doughnut shape.
8. Let the shaped doughnuts rise at room temperature for 1 hour after shaping.
9. Fry each doughnut in 375 degree oil for 50 seconds per side.
10. Remove the doughnut from the oil and drain on a wire rack.
11. Glaze, or cover with sugar, the cooled doughnuts.

**COOKING  
SKILLS  
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