

BOSTON CRÈME DOUGHNUTS

SOURCE: FOOD.COM (FROM TASTY TIDBITS)

DOUGH:

¼ CUP WARM WATER
2 TABLESPOONS INSTANT YEAST
1 CUP WARM MILK
¼ CUP VEGETABLE SHORTENING
2 EGGS
¼ CUP SUGAR
1 TEASPOON SALT
3 ½-4 CUPS BREAD FLOUR

CUSTARD PUDDING:

¼ CUP SUGAR
3 TABLESPOONS FLOUR
3 EGG YOKS
1 CUP PLUS 2 TABLESPOONS MILK
1 TABLESPOON UNSALTED BUTTER
½ TEASPOON VANILLA EXTRACT

CHOCOLATE GLAZE:

1 TABLESPOON UNSALTED BUTTER
2 OUNCES SEMISWEET CHOCOLATE
1 ½ CUPS POWDERED SUGAR
½ TEASPOON VANILLA EXTRACT
1/3 CUP HOT WATER

MAKING THE BOSTON CREME DOUGHNUTS:

DAY 1:

1. HAND WHISK $\frac{1}{4}$ CUP WARM WATER AND 2 TABLESPOONS YEAST TOGETHER IN THE KITCHEN AIDE BOWL AND LET STAND FOR 2-3 MNUTES TO DISSOLVE THE YEAST.

2. WHISK IN 1 CUP WARM MILK AND $\frac{1}{4}$ CUP SHORTENING. _____
3. STIR IN 2 EGGS, $\frac{1}{4}$ CUP SUGAR, 1 TEASPOON SALT, AND 3 CUPS FLOUR

4. MIX TO MAKE A SOFT DOUGH. _____
5. KNEAD WITH THE DOUGH HOOK ON LOWEST SPEED OF THE MIXER FOR 8-10 MINUTES, GRADUALLY ADDING MORE FLOUR AS REQUIRED (UP TO ANOTHER CUP MAY BE NEEDED) TO FORM A SOFT BUT ELASTIC DOUGH.

6. PLACE THE DOUGH IN A LIGHTLY GREASED (with oil) plastic bag, Label it with kitchen and period on a sticker label and leave open on the kitchen counter AND LET RISE FOR 45 MINUTES OR UNTIL DOUBLED. _____

DAY 2:

1. TURN THE DOUGH ONTO A LIGHTLY FLOURED SURFACE (parchment or counter) _____
2. PINCH OFF PIECES AND FORM INTO SMALL BALLS, ABOUT THE SIZE OF GOLF BALLS.

EVERYONE

3. COVER AND LET RISE FOR 25 MINUTES.

Day 2:

CUSTARD FILLING:

1. WHISK THE $\frac{1}{4}$ CUP SUGAR, 3 TABLESPOONS FLOUR, AND 3 EGG YOKS TOGETHER IN A BOWL. _____
2. IN A SMALL SAUCEPAN, BRING 1 CUP PLUS 2 TABLESPOONS OF MILK TO A BOIL. _____
3. STIR 2 TABLESPOONS OF THE HOT MILK INTO THE EGGYOLK MIXTURE TO TEMPER THE YOLKS AND PREVENT CURDLING. _____
4. STIR THE EGG MIXTURE INTO THE MILK AND STIR CONSTANTLY UNTIL THICKENED AND BEGINNING TO BOIL GENTLY. _____
5. REMOVE FROM HEAT and STIR IN 1 TABLESPOON OF UNSALTED BUTTER AND $\frac{1}{2}$ TEASPOON VANILA AND LET COOL. _____
6. After it is cool, PLACE IN A BOWL, COVER WITH PLASTIC WRAP TO HELP PREVENT A SKIN FROM FORMING. _____
7. PUT IN THE FRIDGE UNTIL NEEDED. _____

DAY 3:

1. HEAT UP DEEP FAT FRYER.
2. ADD THE DOUGHNUTS A FEW AT A TIME AND FRY FOR 30-40 SECONDS, UNTIL DEEP BROWN ON FIRST SIDE. _____
3. TURN AND FRY ON THE SECOND SIDE FOR 15-30 SECONDS. _____
4. USING A SLOTTED SPOON, TRANSFER TO PAPER TOWELS TO DRAIN AND LET COOL. _____
5. WHISK THE CUSTARD TO SMOOTH AND FLUFF IT. _____
6. PUT THE CUSTARD IN A PASTRY BAG FITTED WITH A LARGE PLAIN TIP.

7. SPLIT EACH COOLED DOUGHNUT IN HALF AND PIPE OR SPOON IN SOME CUSTARD. _____
8. FOR THE GLAZE, MELT THE BUTTER AND CHOCOLATE IN A DOUBLE BOILER OVER BARELY SIMMERING WATER. OR CAREFULLY MELT IN THE MICROWAVE. _____

