

SWEET TASTE OF TORAH

This snack relates to this week's lesson. Please take these as suggestions and make necessary changes based on your individual dietary needs.

Here is a video link for this snack: <https://www.youtube.com/watch?v=-gORSOYwXOg&t=43s>

Sufganiyot



- **Servings:** 24
- **Prep Time:** 30 Minutes
- **Cook Time:** 15 Minutes
- **Total Time:** 45 Minutes, plus 1 to 2 hours for the dough to rise

Ingredients:

- 1 c. warm water
- 1 Tbsp. instant/rapid-rise or active dry yeast (note that this is more than 1 packet)
- 3 c. all-purpose flour, spooned into measuring cup and leveled-off
- $\frac{1}{4}$ c. confectioners' sugar, plus more for coating
- $\frac{3}{4}$ tsp. salt
- $\frac{1}{2}$ tsp. ground nutmeg
- 2 large egg yolks
- 2 Tbsp. vegetable oil, plus about 2 quarts more for frying
- 1 tsp. vanilla extract
- About 1 c. jam, jelly, preserves (usually raspberry or flavor of choice)

Instructions:

1. Combine the water and yeast in a small bowl and let sit until foamy, about 5 minutes.
2. Meanwhile, in a large bowl, combine the flour, confectioners' sugar, salt, and nutmeg. Whisk to combine and set aside.
3. Add the egg yolks, 2 tablespoons of oil, and vanilla to the water/yeast mixture and whisk with a fork until combined.
4. Add the liquid mixture to the flour mixture and stir with rubber spatula until the dough comes together. It should be a bit sticky. Cover the bowl with plastic wrap, and let the dough rise on the countertop until increased in size, 1 to 2 hours.

5. Line a baking sheet with a few layers of paper towels. Generously dust a clean countertop and your hands with flour. Scrape the dough out of the bowl onto the counter and dust the dough with flour. Pat the dough into $\frac{1}{4}$ -in-thick rectangle (it should be about 10 x 12-inches in size), making sure the bottom doesn't stick and adding more flour to the counter and your hands as needed. Using a doughnut cutter, cut out as many pieces as you can. Or you can use a pizza wheel or very sharp knife and cut the dough into 24 two-inch squares.
6. Add enough of oil to a deep fryer or large pot to measure about 2 inches deep and heat over medium heat to 350°F. Place 5-6 dough pieces in the oil and fry until golden brown, about 3 minutes, flipping halfway through frying. Adjust the heat, if necessary, to maintain the oil temperature between 325°F and 350°F. Using tongs or a slotted spoon, transfer the donuts to a paper towel-lined baking sheet. Repeat with the remaining donuts.
7. When the donuts are cool enough to handle, insert a doughnut tip with a filled piping bag into the pocket and squeeze 1 to 2 teaspoons of jam, jelly or preserves of choice inside.
8. Using a fine sieve, dust the donuts generously with confectioners' sugar. Serve warm.
9. **Note:** Warm water helps activate the yeast. The temperature doesn't need to be exact so there is no need to use a thermometer; just try to get it about the temperature of bath water. (If you place your hand under the stream of water in the faucet, it should feel hot, but you should be able to leave your hand there without it stinging.)

Make-Ahead Instructions: The dough can be made a day ahead of time and refrigerated. Let it sit out at room temperature for about an hour before rolling out and cutting.

