

# LEMON SAFFRON DONUTS



# LEMON SAFFRON DOUGHNUTS

with lemon glaze

Recipe: **ROBERTA DALL'ALBA**

## INGREDIENTS

- ¼ tsp Saffron powder
- 170 gr Milk at room temperature
- 85 gr Sugar
- 7 gr Dried yeast
- 2 Eggs (at room temperature)
- 500 gr All-purpose flour
- 2 tsp Organic lemon zest  
approximately
- 80 gr Melted butter
- 10 gr Salt

## GLAZE

- 200 gr Icing sugar approximately
- Juice from organic lemon,  
enough to get a creamy  
consistency
- Zest from half organic  
lemon, to taste
- Yellow food coloring,  
a few drops
- Funfetti (optional)

## TO FRY

- 1L oil



**SERVING**  
20 donuts



**CATEGORY**  
dessert



**ISSUE**  
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- SCHRITT 1** To make these doughnuts you can use a stand mixer or a bread machine with “dough function”.
- SCHRITT 2** Infuse the saffron in about 10 gr of milk. Set aside.
- SCHRITT 3** Warm up the rest of the milk (doesn't have to be hot, 35°C are enough).
- SCHRITT 4** Activate your machine or mixer, combine milk, sugar and yeast and let it dissolve for a minute.
- SCHRITT 5** Add eggs and mix for another minute.
- SCHRITT 6** Start adding half of the flour, gradually. Let incorporate then add the lemon zest, saffron + milk and melted butter. Let the fat absorb.
- SCHRITT 7** If necessary, scrap down the sides. Finally, add the remaining flour and salt and let incorporate. Let knead for about 10/15 minutes.
- SCHRITT 8** Put the dough into a big bowl, cover and let rise in a warm place - for 1.5/2 hours (it depends on your room's temperature) or until doubled in volume.
- SCHRITT 9** When doubled, roll the dough out on a floured surface to about 6/7 mm thickness.
- SCHRITT 10** Cut into doughnuts using a cutter or a glass (8 cm diameter) and cut the holes with a small cutter (3 cm in diameter). Do not discard the holes, you can fry them as well.

## EQUIPMENT

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Thermometer

Stand mixer or other similar  
machine

**SCHRITT 11** Cut parchment paper in squares and place each donut onto a piece, it will be easier to remove them and throw them into the oil.

**SCHRITT 12** Place them on a baking tray and let them rise for about 40 minutes (covered with plastic wrap or a cloth).

**SCHRITT 13** In a large sauce pan, pour a liter of oil and heat it (on medium heat) until it is 170/175° Celsius (340/345° F)\*

**SCHRITT 14** Drop a 2 or 3 of doughnuts at a time (and some holes) into the oil and fry on one side. When it's golden, turn them and cook the other side. Drain on paper towels.

**SCHRITT 15** To make the glaze: Start adding lemon juice to your icing sugar and whisk until you get a creamy consistency. Add food coloring and lemon zest.

**SCHRITT 16** You can glaze the doughnuts when still warm or cooled down.

**SCHRITT 17** Eat immediately or store them into the fridge (or freeze them!)

**SCHRITT 18** \*Keep checking the temperature using the thermometer. Make sure the temperature doesn't drop or increase too much during cooking time.