

A top-down view of several donuts on a silver wire cooling rack. The donuts are arranged in a loose pattern. One donut on the left is plain and golden-brown. The others are coated in a bright yellow glaze and topped with multi-colored sprinkles. The background is a dark blue, textured surface.

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



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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

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.