

Gluten free (yeast free) Jelly Sufganiyot – Recipe



There are many recipes for these Chanukah doughnuts, this recipe is not your typical traditional “jelly doughnuts”, since it is Gluten free and without yeast, so it is better to fry them in oil rather than bake them and then fill them with your choice of jelly, whatever you like. Sufganiyot (Hebrew for doughnuts) are synonymous with Chanukah.

Ingredients (did my best to convert them to US measurements) for 25 Sufganiyot

3 cups of unbleached flour (sifted)

2 teaspoons baking powder

2 tablespoons sugar

2 eggs

2 cups low fat sour cream

* Sour cream adds a slight contrast to the sweetness of the jelly filling and the powdered sugar, making this recipe a tasty variation on the popular Israeli Chanukah treat

Canola oil for frying the doughnuts from both sides

Jelly of your choice to fill the doughnuts

Confectioners’ (powder) sugar for dusting

Preparation

In a bowl, combine flour, baking powder, sugar, eggs and sour cream.

Mix until well blended. Heat the oil, and when very hot add 1 tablespoon of butter to the oil.

Fry until doughnut puffs and becomes light brown, then turn and cook on the other side. Drop in a few doughnuts at a time.

Repeat until all doughnuts are cooked.

Set cooked doughnuts on a paper towel to cool (the paper towel will also absorb the excess oil).

To assemble the doughnuts, use a sharp knife or pointed spatula to poke a small hole in the side of each doughnut (make sure they cool of a bit before you start). Fill a Ziploc bag with ½ cup of the jam, and cut a small hole at the corner. Stick the Ziploc corner into the hole and squirt out approximately 1 tablespoon jam into each doughnut. you can also use a syringe instead.

Using a fine-mesh strainer, sprinkle confectioners’ (powder) sugar over the top of each doughnut.