

Jelly Sufganiyot (Doughnuts) – Recipe



There are many recipes for these Chanukah doughnuts, this recipe is the typical traditional “jelly doughnuts”, meaning they are filled with your choice of jelly, whatever you like, and represent this holiday very well. Sufganiyot (Hebrew for doughnuts) are synonymous with Chanukah.

Ingredients (did my best to convert them to US measurements) for 30 Sufganiyot

4½ tablespoon dry yeast

¼ cup warm water

1½ cups soy or almond milk

¾ cup sugar + 1 tablespoon sugar

1 tablespoon kosher salt

2 eggs

6 tablespoon oil (or melted margarine)

6+ cups white flour

Canola oil for frying or for putting on top of doughnuts before putting into the oven

* Traditionally, we fry them in oil, but this is healthier to bake in the oven rather than fry

Jelly of your choice to fill the doughnuts

Confectioners’ (powder) sugar for dusting



Preparation

Don’t let the jelly doughnut intimidate you!

The process is broken down here step-by-step.

To start with, we’ll make the dough. Place the yeast, warm (not boiling)

water and 1 teaspoon of sugar in a bowl. Let it sit for 10–15 minutes until the mixture bubbles up like this:



Mix yeast mixture, ¾ sugar, oil (or butter), eggs, salt, and soy/almond milk with 2 cups of flour on a low speed.

Slowly add in the rest of the flour until dough is no longer sticky. It should feel somewhat like a bread dough.

Knead for 5 minutes, then cover the bowl with a damp cloth and let rise approximately 1 hour in a warm place, until dough has doubled in size.



Knead just enough to take out the air from the dough, roll out the dough approximately ½ inch thick, cut circles (use the mouth of a glass, or a round cookie cutter) or simply divide to small pieces and make round balls, then let rise again for 30 minutes. Keep space between the pieces since it expands.



If you fry in oil:

Heat oil in a frying pan or pot. Drop in a few doughnuts at a time. Flip each doughnut so each side can brown. Remove from oil and drain on a paper towel.

If you bake in the oven:

Pre heat the oven to 175 Celsius (350 Fahrenheit). Using a brush, apply oil to each doughnut (just on the top) and bake for 10-12 minutes until brown. Remove and drain on a paper towel.



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

Eat and enjoy!



ENJOY