

KRAPFEN AUSTRIAN FILLED DONUTS



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$\frac{3}{4}$ cup warm milk

$4\frac{1}{2}$ tablespoons (60 g) granulated sugar

$1\frac{3}{4}$ teaspoons (5.25 g) active dry yeast

3 egg yolks from large eggs

$4\frac{1}{2}$ tablespoons (60 g) unsalted butter, melted and cooled

1 teaspoon vanilla extract

2 teaspoons rum (any will do)

$\frac{3}{4}$ teaspoon fine salt

375 g all-purpose flour plus up to 2 tablespoons (15 g) more if you are kneading by hand

vegetable oil (you will need at least 2 cups, usually more depending on the size of your pan)

about $\frac{3}{4}$ cup (150 g) smooth, fine-textured apricot jam – not chunky (stir in 1 teaspoon rum if you like)

confectioners' sugar

Medium sized frying pan or saucepan with lid

Piping bag with a round tip

Make the dough

You can either make the dough using a mixer with dough hooks attached or knead it by hand.

Combine milk and sugar in a large mixing bowl. Sprinkle the yeast over the milk and set it aside for 5-10 minutes for the yeast to dissolve.

Stir in egg yolks, lukewarm butter, vanilla, rum, and salt using a hand whisk until well combined.

Add half of the flour and stir thoroughly using the hand whisk (the dough should resemble pancake batter at this point). With a sturdy spoon (or a mixer with dough hooks) stir in the rest of the flour.

Mix the ingredients until they come together to a sticky dough.

Mixer: Add the rest of the flour and knead it for 5 minutes until smooth.

By hand: With floured or greased hands, try to fold the edges of the dough into the center a couple of times. If the dough is too sticky, add up to 2 more tablespoons (not more) flour, mix it into the dough and try again.

If still too sticky, cover the bowl and let the dough rest for 5 minutes. After that, the dough will be better to work with.

In the bowl, knead the dough (or fold the edges over itself) until smooth, about 5 to 10 minutes. The dough should still be moist and a little sticky.

Grease a clean mixing bowl and return the dough to the bowl.

Set in a warm place to rise until doubled in bulk, about 1 to 1 ½ hours.

Cut out the dough and second rise

Plop the dough upside down onto a floured surface, lightly flour the top, and roll dough to 1 cm thickness.

Prepare a baking pan lined with floured wax paper.

Using a 6½ – 7 cm-round cutter or drinking glass, cut rounds.

Transfer the rounds to the floured baking sheet. Repeat with the dough scraps until most of the dough has been used.

You can roll the very last dough scraps into firm balls and pat it flat so they look similar to the rest of the rounds.

Cover the dough with a tea towel and let it rise in a warm place for about 30 – 45 minutes or until they have puffed up noticeably.

This is important – if you don't let them rise long enough, they will not be high and fluffy in the end.

Uncover them for the last 15 minutes so they will dry a little

(only a little!) and will develop a “skin”.

Fry the Krapfen

Once the dough is risen, heat oil in a medium saucepan over medium heat until it reaches 160 – 165°C.

A cooking or deep frying thermometer comes in handy here but I’ve already made Krapfen without. It takes a little adjusting though.

Dip a wooden skewer/chopstick or handle of a wooden cooking spoon into the hot oil for testing the temperature. If the oil starts steadily bubbling, then the oil is hot enough for frying. (bubbling vigorously = too hot, very few bubbles = not hot enough).

Using a flat spatula, carefully slip 3 rounds into the oil, upside down.

Cover the saucepan so the Krapfen are able to rise further and will get a nice, white ring.

Fry until golden, about 1½ to 2 minutes.

Turn Krapfen over with a slotted spatula and fry uncovered until golden on other side. Carefully transfer the Krapfen to a paper-towel lined baking sheet with a slotted spatula. Process the same way with the rest of the dough.

Let the Krapfen cool.

Place the jam in a piping bag with a round tip.

Stick a skewer or chopstick in the side of the Krapfen to create a tunnel.

Pipe in some of the jam.

Dust the Doughnuts with confectioners’ sugar.

They taste best eaten on the same day.

Can also be filled with Nutella, pastry cream, caramel or fresh cream.

Recipe: Talana Botes – Cerritelli