

Parti Pen-blwydd 100 yr Urdd

Mônuts Recipe

500g Strong Flour

10g Salt

8g Dry Yeast

60g Caster Sugar

4 Whole Eggs

125g Warm Water

125g Soft Butter

Mix the strong flour, salt, dry yeast and caster sugar together in a standing mixer fitted with a paddle attachment for 2 minutes until thoroughly combined. Add the eggs one by one whilst the mixer is turning at a low speed. Add the warm water then turn the speed up to medium-high for 8 minutes. Once 8 minutes has passed the dough should become very stretchy. Turn the mixer up to high speed and add the butter little by little. Beat on high speed for a further 2 minutes once all the butter had been incorporated.

Allow the dough to rest and proof somewhere at room temperature in a slightly greased bowl covered in cling film for 2 hours.

Once the dough has doubled in size, knock the air out of the dough and roll it to 2cm thickness. Cut out your doughnuts using a large cookie cutter and a small one for the hole. Allow the dough to proof again somewhere warm (an oven at its lowest temperature would work).

Once the dough looks ready, fry in a tabletop fryer at 160°C for 2 minutes either side.

Glaze with icing or roll in sugar and enjoy!



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