

Perfect Sufganiyot (Jelly Donuts)

Recipe By *Marcy Goldman*



Cooking and Prep:  1
h 25 m

Serves:  24

Contains:   

Preference: Parve

Difficulty: Medium

Occasion: Chanukah

Diet: Pescetarian, Vegetarian

Source: KosherScoop.com

Sufganiyot are the classic jelly-filled doughnut. Milk makes a richer dough, but using all water is fine for a lighter dough that is also parve.

Yields 2 to 3 dozen

Ingredients (11)

Main ingredients

- 2 tablespoons **Gefen Instant** or bread machine yeast
- 1/4 cup warm water
- 1 cup warm milk or water
- 1/3 cup oil or parve shortening
- 1/3 cup sugar
- 1/2 teaspoon salt

- 2 whole eggs plus 2 egg yolks
 - 4–5 cups all-purpose flour, as necessary
 - 1 and 1/2 cups **Tuscanini Jam** or jelly for filling (strawberry or raspberry)
 - oil for frying
 - granulated superfine sugar
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Start Cooking

Prepare the Dough

1. In a large mixer bowl, whisk the yeast with the water and let stand two to three minutes.
2. Add the milk or water and oil or shortening. Let the mixture cool a bit and then add the sugar, salt, eggs and yolks. Stir well and pour into the yeast mixture.
3. Add the flour and stir on low speed to form a soft dough. Increase the mixer speed to medium and knead for five to eight minutes, adding a bit of flour as needed to form a firmer dough. When the dough is smooth and elastic, remove the dough hook, spray the dough with nonstick cooking spray and cover the bowl with a large plastic bag. Let the dough rise until almost double in size or do a cold rise overnight in the refrigerator.

Shape

1. Punch down the dough and pinch off pieces to form small, golf ball-sized balls. Place them on a cookie sheet or plate, cover and let rest for 15 minutes.

Fry

1. In a deep fryer or heavy Dutch oven, heat four inches of oil to 375 degrees Fahrenheit. Add the doughnuts a few at a time and fry until the undersides are deep brown. Gently turn over once and finish frying the other side. Lift the doughnuts out using a slotted spoon and drain on paper towels.
2. Slit the doughnuts open two-thirds of the way. Pipe or spoon in a tablespoon or so of jelly and gently reseal the doughnuts. Sprinkle with granulated sugar, if desired. Serve at once.