

Sufganiyot – Hanukkah Doughnuts

During Hanukkah, the Jewish eight-day Festival of Lights, foods fried in oil are featured prominently at family meals. Try making these doughnuts!

Ingredients:

2 Tbsp yeast
1 Tbsp sugar
¼ cup warm water
4 cups all-purpose flour
¼ cup vegetable oil or softened margarine
2 eggs
1 egg yolk
¾ cup water or apple juice
2 Tbsp brandy (optional)
Pinch salt
1 Tbsp grated lemon peel
1 ½ tsp cinnamon

Jam or jelly for filling
Icing or berry (fine) sugar



Directions:

Mix together yeast, sugar and warm water in a large bowl. Keep in a warm place for 10 to 15 minutes.

Mix yeast mixture with all of the remaining ingredients except jam and icing sugar. (You can use electric mixer on low speed for 4 to 5 minutes)

Cover bowl with lid or clean tea towel. Let dough rise for 1 to 1 ½ hours until it doubles in size.

Roll dough until it is 1 inch thick. Using round cookie cutter or a cup, cut dough into circles.

Let dough circles rise a second time for 20 to 30 minutes.

Deep fry in oil at medium heat – about 1 to 2 minutes per side.

Remove doughnuts from oil with a slotted spoon and drain on paper towel.

When cool enough to handle, inject jam or jelly in the centre of each doughnut.

Sprinkle icing sugar on top or toss into fine white sugar.

Enjoy!

Adapted from Joyce's Grandma's cookbook: Bubbe's Kitchen