

Blood Orange Curd-Filled Beet Doughnuts

<http://userealbutter.com/2012/02/09/orange-curd-beet-doughnuts-recipe/>

adapted from [Almond Corner](#)

scant 1/2 cup (50 g) beets, peeled and diced
2 oranges, juice of (about 1 1/4 cup)
3 cardamom pods
5/8 cup (5 oz.) milk
5/8 cup (5 oz.) beet juice
2 1/4 tsps (or 1 envelope) active dry yeast or 20 g fresh yeast
4 cups (500 g) flour plus 1/3 cup (about 40 g) to add if necessary
1/2 cup (50 g) powdered sugar
4 tbsps (50 g) butter, melted and lukewarm
1 egg yolk
2 tbsps orange liqueur (I used Grand Marnier)
pinch salt
oil for frying
2 cups [blood orange curd](#)

Place the beets, orange juice, and cardamom in a small saucepan and simmer until the beets are tender and orange juice is considerably reduced (but not turned into a fruit leather). Purée the beets, orange juice, and cardamom pods in a blender or food processor. In a medium saucepan, heat the milk and beet juice until warm, but not boiling. Place the yeast in a mixing bowl. When the temperature of the milk mixture comes down to 115°F, pour it over the yeast and let it stand until it becomes foamy – about 10 minutes. Add the beet purée, flour, powdered sugar, butter, egg yolk, orange liqueur, and a pinch of salt to the yeast. Mix the dough with the dough hook of a stand mixer or by knead by hand until the dough is smooth and silky to the touch (not sticky). Place the dough in a bowl and cover with plastic. Let the dough sit in a warm location and rise until it has doubled in size (about an hour).

When the dough is ready, turn it out onto a floured work surface and roll the dough to 1/2-inch thickness. Cut out shapes and place them on a baking sheet to rise for 30 minutes. Heat at least 2-inches of oil to 360°F (use a thermometer to keep track of the temperature) and begin frying a couple of doughnuts at a time – about 1 minute per side depending on the size of the doughnut. The smaller ones will cook faster. When the bottom has turned golden (not dark brown!) flip the doughnut over to fry the other side. When the doughnut is done, remove it from the oil to a cooling rack. Repeat for all of the doughnuts. Take a cooled doughnut and pierce the side with a chopstick, sweeping out a space in the center. Fit a pastry bag with a small tip (small enough to fit in the doughnut hole) and fill the bag with the blood orange curd. Take care not to overfill the bag, cause that just makes a mess. Place the tip of the bag into each doughnut hole and fill with curd. Dust with powdered sugar before serving. Makes anywhere from 12 large doughnuts to 30+ little doughnuts.