

Old Fashioned Doughnuts

<http://userealbutter.com/2015/11/24/old-fashioned-doughnuts-recipe/>
from [Peaches Please](#)

2 1/4 cups cake flour (at 8500 ft.: try all-purpose flour or half cake flour and half all-purpose flour)
1 1/2 tsps baking powder
1 tsp salt
3/4 tsp nutmeg, freshly grated
2 tbsps shortening (at 8500 ft.: 1 1/2 tbsps)
1/2 cup sugar
2 egg yolks, large
2/3 cup sour cream
bread flour for dusting
vegetable oil for frying

glaze

3 cups powdered sugar
1 1/2 tsps corn syrup
1/2 tsp vanilla extract
1/3 cup – 1/2 cup hot water (more water as needed)

Sift the flour, baking powder, salt, and nutmeg together and set aside. Mix the shortening and sugar together on low speed until it is uniform and sandy. Add the egg yolks to the sugar and mix on medium speed until just incorporated, scraping down the sides of the bowl as needed. Add half of the dry ingredients to the batter and beat on medium until you can't see the flour. Mix in the sour cream, and then mix in the rest of the dry ingredients until just combined. It should form a sticky dough. Scrape the dough into a new bowl and cover with plastic wrap. Refrigerate for at least an hour.

Make the glaze: While the dough is chilling, stir the powdered sugar, corn syrup, vanilla extract, and 1/3 cup hot water together until you form a smooth icing. Add more water to thin the glaze to your desired consistency. I tend to like mine as more of a glaze than an icing. Set aside until ready to use. If a crust forms on top, just whisk the glaze vigorously until it is smooth again.

Heat several inches of oil in a deep pot (I use a stock pot) to 325°F. [If you are at elevation, then the general rule to follow is to decrease your frying temperature by 3°F for every 1000 feet above sea-level. For me, that's 25.5°F, but I just target 300°F.] Gently roll the dough out on a well-floured (use the bread flour) work surface to 1/2-inch thickness. Use two circular cutters to cut out the circles and the holes of your doughnuts. The reference recipe suggests a diameter of 2 3/4 inches for the larger cutter and 1 1/4 inches for the smaller cutter. With a sharp knife, lightly score the doughnuts 3 times to form a rough triangle on each ring. This encourages those lovely petals to develop. You can press the dough scraps together and roll the dough out again to make more doughnuts, but these will be slightly less fluffy (they're still good, though).

Carefully place a few doughnuts into the hot oil, sliced-side up. I set mine on a fish spatula and lowered it into the oil so as not to stretch the ring. When the doughnut floats to the surface, let it fry for 15 seconds, then carefully flip it over and let fry for 90 seconds. Flip the doughnut one last time and fry for another 75 seconds until golden and remove it to a cooling rack to drain. When the doughnuts are slightly cooled, but still warm, dip them cut-side down into the glaze and let any excess drip off before setting them back on the cooling rack (glaze-side up). Cook the holes the same way, but reduce the fry time by half. Makes 10-12 doughnuts.