

Baked doughnuts

Small size doughnuts baked with scent of butter: tiny, elegant, with terrific flavor. Even those who are accustomed to huge traditional fried doughnuts will not refuse these baked beauties, eaten in pairs. No less important is the pleasant tasty feeling they leave behind (no heartburn, no sense of fullness and no guilt feelings).

Healthy doughnuts – indeed?

No deep or shallow frying, but with a measured amount of butter, these doughnuts present advantage than the fried ones since they are a "lesser evil": butter is rich with saturated fat and it is recommended to limit the consumption of daily use. However, the small amount in the recipe provides a good taste and a sense of treat, as befits holiday recipes. The alternative of baking is definitely preferable on the deep frying option and besides bring healthier, also saves calories! The dose is individual, and it allows control of quantities, contrary to eating one huge doughnut (or more).

All of us will eat doughnuts this year and preferably eat small but good quality ones. So if you are on doughnut call this year – the winner recipe was baked and filmed by Yaara Shery, clinical dietician at Barzilai Medical Center Diet Service.

Components:

(About 50 tiny units – 2 bites)

2 1/2 cups white flour
1/2 teaspoon salt
1/4 cube of fresh yeast
2/3cup warm milk
1 tablespoon soft butter (10 grams)
1/3 cup sugar
1 egg

For brushing:

40 grams melted butter

For glazing:

6 tablespoons powdered sugar
2 teaspoons milk

Preparation:

1. Mix flour and salt in a bowl. Crumble the fresh yeast in a small bowl, add warm milk (not boiled – boiled milk will kill the yeast) and mix. In a separate bowl mix butter, sugar and egg.
2. When the mixture of yeast grew, add it to the flour, add the butter mixture and start kneading (preferably with mixer but you can knead by hand). If dough is sticky add more flour, 1 teaspoon at a time. If a little dry you can add a little milk.
3. Shape the dough to a sticky ball and place it in a covered bowl for one hour in a warm area until the volume is doubled (you can put the dough to rise in the oven under low heat).
4. Put the dough on a floured working surface and flatten it to thickness of 1 cm. Cut it to circles with 4cm cookie-cutter and pass the circles to 2 baking pans lined with baking paper, 2cm apart from each other.

5. Now, with smaller cookies-cutter (I use a small 2cm plastic cap) remove the inside to create a shape of a hoop. It's not worthy trying to create a hole before transfer to the baking pan – the doughnuts will lose their shape completely).
6. Cover the baking pans with clean towel for 20 minutes for additional puffing. Turn the oven to high heat – 190⁰c (375⁰f).
7. Bake for 6 minutes, start checking after 5 minutes – the bottom should be slightly golden. Remove from the oven and immediately brush with melted butter.
8. To create the glaze, add the milk to the powdered sugar until it gets the form of liquid ointment, thick enough to stay on the doughnut. Create forms on the doughnuts with a little teaspoon as you like. Eat immediately.

**Nutritional values for 1 small sugar glazed doughnut (14 grams each): kilocalories: 43; protein: 0.8gr; carbohydrates: 7.7gr; fat: 1gr; saturated fat: 0.6gr; cholesterol: 7mg; sodium: 34mg.
for 100mg (7 units): kilocalories: 312; fat: 8gr.**