

BAKERS' FLOUR

SOURDOUGH CHALLENGE - SOURDOUGH DONUTS RECIPE

Our team have been working from home and have been very busy playing with their own starters and mother doughs to create some fun recipes for you! One recipe that was highly requested was the 'Sourdough donuts'. Check out the recipe here, and make sure to tag us in your creations!

INGREDIENTS

INGREDIENTS	WEIGHT
Milk	230ml
Eggs	1 large egg
Butter (melted)	0.050kg
Sourdough Starter	0.220kg
MAURI Victory Flour	0.500kg
Sugar	0.050kg
Cinnamon	1 tsp
Ground Cardamom	1/2 tsp
Salt	1 tsp

METHOD - PART 1

STEP 01

Combine liquid ingredients with starter. Fold in spices and dry ingredients.

STEP 02

Keep folding or mixing for 10-15 minutes. Take out of bowl onto lightly floured surface and knead into smooth ball.

STEP 03

Place in lightly oiled bowl and coat dough with oil. Cover and set aside for 4-5 hours.

STEP 04

During this time, typical sourdough process ie. every hour lift one edge and fold over to middle of dough.

STEP 05

After 4-5 hours cover and refrigerate overnight.

METHOD - PART 2

STEP 01

Next day - while dough is still cold, gently roll dough to ca. 4cm on lightly floured surface.

*Doughnut cutter was used to create the shape.

STEP 02

Place gently on a lightly oiled sheet of baking paper, leaving some space between doughnuts. Brush tops with oil.

STEP 03

Cover with plastic wrap. Let rise for ca. 2 hours.

*Ready when you poke it and it slowly fills back in.

STEP 04

Heat ca. 500 ml oil in a heavy pan to ca. 180C. Cook ca. 2-3 mins either side until golden brown.

STEP 05

Roll in cinnamon sugar to coat and set on cooling rack.

STEP 06

Eat warm!

These instructions may vary depending on manufacturer's premises and equipment used.

Join us in the baking of your own sourdough creations! Follow us on [Instagram](#) and [Facebook](#) to stay up-to-date on the challenge!